

VISIT...

LANZAROTE
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Season to taste with salt and pepper. I like to add a little horseradish sauce to the ham or roast beef salad for some zip.

For egg salad: Mix everything but the eggs well. Chop eggs to desired chunkiness and fold into mixed ingredients. Add a few drops of tabasco sauce if desired. A squeeze of lemon also goes well.

For eggless salad: Mix everything but the tofu. Squish tofu with your hands or with a fork until it breaks apart. Fold in with remaining ingredients. Eggless salad should sit for at least an hour, refrigerated, before serving. Lemon or a few drops soy sauce work great in tofu based salads.

****personal note**** Process meats find in a food processor for more of a 'spread' consistency. Don't process with the remaining ingredients until you get the meat broken down almost to the size you want. The spreads work very well on lettuce leaves for roll-ups. The chunky version works great over lettuce for a salad meal.

NOTES : Counts for tofu and eggs not included in totals... tofu is 10 carbs, eggs 3.6.

Black & Blue Salad CarbsPerServing:20

Prep Time:15

Effort:Easy

Ingredients:

2 heads of butterhead lettuce 6 oz. Of cold leftover steak, thinly sliced
8 cherry tomatoes, sliced in half 6 oz. Bleu cheese
10 tbs heavy cream 2 tbs mayonnaise
1 tbs vinegar (optional)

How to Prepare:

Beat the heavy cream and mayonnaise together in a small mixing bowl. Crumble half the bleu cheese into the mixture (reserving the other half for a garnish) and stir a few times. Add a drizzle of the vinegar if it is too thick. Chill for at least two hours. (The longer it chills, the more intense the flavor becomes.)

Slice the butterhead lettuce in wedges (or tear into pieces if you prefer) and place on four salad plates. Pour the bleu cheese dressing over the lettuce. Arrange strips of the cold steak (cold filet is outrageously good in this dish!) and four cherry tomato halves over the lettuce. Sprinkle the reserved bleu cheese on top. Give each plate a grind of fresh pepper and serve immediately.

Blue Cheese Dip/Dressing

CarbsPerServing:8g total

Effort:Easy

Ingredients:

4 ounces bleu cheese, crumbled 4 ounces sour cream
4 ounces mayonnaise 1/8 teaspoon garlic powder 1/8 teaspoon onion powder

How to Prepare:

Mix ingredients and refrigerate ½ hour before serving.

Great Blue Cheese Dressing

CarbsPerServing:18g total

Effort:Easy

Ingredients:

16 ounces mayonnaise 1 container sour cream - (1 oz) (1 to 16)
12 ounces blue cheese - crumbled garlic powder - to taste
1 dash vinegar finely chopped onion

How to Prepare:

Combine all the above ingredients for a great blue cheese dressing that will really make salads more fulfilling. Enjoy.

NOTES : Carbs for sour cream, garlic powder and onion not included - adjust accordingly.

Blue Cheese Dressing 2

Serves:10

CarbsPerServing:8g total

Effort:Easy

Ingredients:

4 ounces blue cheese - such as Roquefort ½ cup sour cream
½ cup mayonnaise 1/4 teaspoon pepper 1 dash hot pepper sauce
¼ cup chives - minced

How to Prepare:

In a small bowl, break up the cheese with a fork and mash it lightly, leaving some small chunks. Add everything else but the chives and mix together thoroughly. Stir in the chives. Cover the bowl tightly and store in the refrigerator up to a week.

Broccoli & Bacon Salad

Serves:8-10

Prep Time:15 Minutes

Effort:Difficult

Ingredients:

2 Heads Broccoli Hellman's Mayo (to taste)
Hidden Valley Ranch Dressing (to taste) 1 Jar Real Bacon Bits
¾ Package Cracker Barrel Sharp Cheddar Cheese ½ Small Vidalia Onion
Salt & Pepper

How to Prepare:

Pull broccoli from stems and steam. Broccoli should still be crispy.

Refrigerate when done. Shred the cheddar cheese and set aside. After broccoli cools, add mayo, ranch, bacon bits, onion, cheese, salt and pepper. Mix together and refrigerate until ready to serve. YUMMY!

Broccoli, Olives, & Egg Salad

Serves:4

CarbsPerServing:?

Prep Time:10 minutes

Effort:Easy

Ingredients:

Fresh broccoli florets Boiled eggs
Green olives Red Onion
Mayonnaise Black Pepper
Paprika Salt

How to Prepare:

Quantities of everything according to taste. I would use 1 bunch broccoli, 3 eggs chopped in large pieces, ½ cup olives, ½ large red onion chopped. The rest of the ingredients really depend on your preferences, but black pepper really makes this salad. Mix everything together and coat well with mayo. Chill and serve.

Bruschetta Style Tomato Turkey Salad

Serves:1 or 2

CarbsPerServing:approx 8 (w/o subtracting fibre)

Prep Time:10 minutes

Effort:Easy

Ingredients:

1 cup ground turkey 1 cup mixed lettuce
1 tomato 4 or 5 kalamata olives
salt pepper 1 or 2 T olive oil
1 tsp crushed garlic 1 tsp basil paste (or a few leaves of finely chopped fresh basil)

How to Prepare:

Dice the tomato and place in a small bowl. Add chopped olives, olive oil, garlic, basil, and salt and pepper to taste.

Brown the turkey mince in a saucepan. Add the tomato mix to the turkey and mix together.

Serve over a bed of mixed lettuce. So EASY!!! Tastes as good as italian restaurant food.

Caulif-broccoli salad – THE BEST!

Serves:plenty – 16 or so

CarbsPerServing:never counted, but low

Prep Time:a tedious ½ hour

Effort:Average

Ingredients:

1 lg head cauliflower 1 lg bunch broccoli
1 sm onion (or 4 green ones) 1 pkg froz peas (or pea pods)
1 cup sour cream 2 cups mayo
1 tsp garlic powder

How to Prepare:

mix mayo, sour cream and garlic powder in a small bowl. Break caulif and broccoli into bite sized florets. Add onion. Toss sauce with broccoli, cauliflower and onion. Add peas last (if using pods, cut into ¼ inch pieces. Refrigerate at least 4 hours or overnight.

Cheesy Herb Dressing

CarbsPerServing:8g total

Effort:Easy

Ingredients:

½ cup yogurt 1 tablespoon oil
1 tablespoon Parmesan cheese – grated ¼ teaspoon basil – dry
1 ½ teaspoons lemon juice 1 tablespoon parsley – dry
¼ teaspoon garlic powder

How to Prepare:

Combine all ingredients and mix well. Chill overnight.

Cheesy Thousand Island Dressing

CarbsPerServing:35g total

Effort:Easy

Ingredients:

1 cup cottage cheese ¼ cup ketchup
1 teaspoon paprika ¼ teaspoon salt
1 tablespoon relish
1/8 teaspoon pepper 2 tablespoons celery – finely diced
2 tablespoons green pepper – finely diced 2 tablespoons onion – finely diced
2 tablespoons olive oil

How to Prepare:

In a blender combine cheese, ketchup, oil and spices. Blend till smooth. Stir in rest of ingredients. Chill several hours.

Chicken Bacon Club Salad

Serves:4-6,5

CarbsPerServing:Unsure, but think it is minimal

Prep Time:30 minutes

Effort:Easy

Ingredients:

4 boneless skinless chicken breasts 1 Cup Mayo
6 slices bacon 2Cups shredded cheddar cheese

How to Prepare:

Cook bacon until crisp, then crumble. Cube chicken breast and cook thoroughly. Mix all ingredients together. Spread into a 8" cake pan. Bake for about 15 minutes. Serve on top of a bed of lettuce. Top with black olives if you like. Very yummy!

Yummy Chicken Taco Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Taco Salad: 4 chicken breast - boil, then shred with fork
Olive Oil Cumin
Chili Powder 1 Can Rotel tomatoes with green chilis
1 Large yellow onion - diced 1 Head Iceberg lettuce
1 Can black olives Shredded cheddar cheese
Sour Cream Guacamole (optional)Homemade Salsa:
1 large can peeled tomatoes 1 small bunch cilantro
1 medium/large onion garlic salt

How to Prepare:

In a large skillet, pour about 2 Tblsp olive oil and turn up to med/high heat. Sautee about ¼ of the onions. Add the shredded chicken, cumin and chili powder and Rotel. Simmer for approximately 20 minutes, stirring occasionally.
Meanwhile, shred lettuce and place in bowls. When Chicken mixture is done, place a heaping on top of the lettuce and cover with cheese, olives, sour cream, the remaining onions.

Combine salsa ingredients in blender. Add to salad.. this will be used as your dressing. Enjoy!

Old Fashioned Cole Slaw

Serves:8 Servings.

CarbsPerServing:6 grams carb 2 grams fiber (ECC=4)

Prep Time:<20 minutes

Effort:Easy

Ingredients:

2/3 cup vinegar ½ cup whipping cream
2 large eggs, lightly beaten ¼-1/2 cup Splenda
Pinch of salt 1 ½ tablespoons butter cut into pieces
1 (2-pound) head cabbage, shredded

How to Prepare:

Combine first 5 ingredients in a small, heavy saucepan; cook over low heat, stirring constantly with a wire whisk, 8 to 10 minutes or until thickened (mixture will appear curdled until it thickens). Remove from heat. Add butter, stirring until it melts. Pour over cabbage; toss gently to coat. Cover and chill.

You can add ½ cup chopped walnuts and only raise the carb count by ½ gram. If you're on maintenance, ½ cup dried, chopped cranberries and the walnuts brings you in at a little under 10 grams.

Cool Taco Salad CarbsPerServing:?

Prep Time:15 min

Effort:Easy

Ingredients:

1 lb ground beef 1 can diced tomatoes
1 package taco seasoning (follow directions for taco seasoning)

½ cup sour cream ½ cup salsa
as much lettuce you need for the salad vegetables to your liking for the salad
shredded cheese

How to Prepare:

add ground beef and diced tomatoes to skillet after browning meat add taco seasoning (follow water requirements on back of seasoning package) after meat is cooked drain set aside.

Combine lettuce and your choice of vegetables your salad bowl add meat to top sprinkle with shredded cheese and add sour cream and salsa for your dressing.

Cranberry Salad

Serves:8

CarbsPerServing:6.125g

Effort:Easy

Ingredients:

(.3-oz.) 1 can crushed unsweetened pineapple - (9-oz.) juice packed 1 sugar-free cherry gelatin -
1 tablespoon lemon juice ¼ cup artificial sweetener1 cup fresh cranberries - chopped fine
1 small orange - peeled, quartered and chopped small 1 cup celery - chopped
½ cup pecans - or other nuts, optional

How to Prepare:

Drain pineapple and save juice. Set pineapple aside for later use.
2. Combine pineapple juice with water to equal 2 cups liquid.
Prepare gelatin according to package label using juice-water mixture for the liquid.
3. Once gelatin is dissolved, stir in lemon juice. Chill until partially set.
4. In a separate bowl, combine the pineapple, sugar substitute, cranberries, orange, celery and nuts. Add this mixture to the partially set gelatin and stir until blended.
5. Pour into large mold or individual molds. Chill until firm.

Do not use fresh or frozen pineapple in this recipe! It will not allow the gelatin to jell.

NOTES : Carbs for pineapple not included in above total - adjust

accordingly
Creamy Italian Dressing 1

CarbsPerServing:46g total

Effort:Easy

Ingredients:

¼ cup yogurt - plain ¼ cup mayonnaise
2 tablespoons heavy cream 1 tablespoon red wine vinegar
½ teaspoon oregano - dry 1/2 teaspoon basil - dry Stevia - to equal ½t. sugar
1/8 teaspoon garlic powder salt - to taste
pepper - to taste

How to Prepare:

Combine all and mix well. Chill several hours or overnight.

NOTES : Counts for stevia not included in totals.

Dijon Vinaigrette

CarbsPerServing:5g total

Effort:Easy

Ingredients:

3 tablespoons red wine vinegar 2 tablespoons water
1 tablespoon olive oil 1 teaspoon olive oil 1 tablespoon Dijon mustard
1 teaspoon Dijon mustard ¼ tablespoon garlic powder

How to Prepare:

Combine all in a bowl. Blend well with a whisk. Chill overnight to blend flavors.

Easy Cole Slaw

Serves:1

CarbsPerServing:3 to 5

Prep Time:10 minutes

Effort:Easy

Ingredients:

raw cabbage (shredded) mayonnaise
white distilled vinegar salt & pepper (to taste)

How to Prepare:

Per 1 cup of shredded cabbage mix the following: 2 tablespoons of mayonnaise
2 teaspoons of vinegar salt & pepper to taste

Easy Egg Plant Salad

CarbsPerServing:15g total

Effort:Easy

Ingredients:

spanish) 1 large eggplant - cut ½" pieces 1 large onion - cut ½" pieces, (red, white, yellow,
1 can pitted black olives - diced small 1 small jar spanish olives
diced into small pieces ¼ cup cider vinegar - more to taste
1 quart tomato sauce - whatever low carb brand you use

How to Prepare:

Mix all chopped ingredients and add the vinegar. Toss well to mix the vinegar with the mixed veggies. Let set a few minutes and toss again. Add the tomato sauce and mix again. Add red pepper and black to taste (1/2 tsp red is hot).

Mix one more time before placing in a 4 qt. Corningware pot. Bake in the oven at 325°F for about 1 hour (1 ½ hours is mushy)

Let cool to room temperature, toss and refrigerate before serving (sandwich spread, appetizer, main course with chicken,pork or beef).

Suggestions: prep time on the above recipe is about 15 minutes, has a very unique taste that satisfies the appetite.

NOTES : Counts for black and spanish olives not included in totals.

French Dressing 2

CarbsPerServing:9g total

Effort:Easy

Ingredients:

½ cup salad oil 1/3 cup red wine vinegar
1 tablespoon lemon juice 1 teaspoon worcestershire sauce
½ teaspoon salt 1/4 package artificial sweetener - to taste ½ teaspoon dry mustard
½ teaspoon pepper 1 clove garlic - minced

How to Prepare:

Put everything in a jar with screw on lid and shake well.
Makes about 1 cup

french dressing

Serves:4 to 6 servings

CarbsPerServing:very low

Prep Time:5 minutes

Effort:Easy

Ingredients:

½ cup walden farms ketchup ½ cup oil(canola or vegetable) ¼
cup white vinegar 1 packet equal 1 teaspoon lemon juice dash of
pepper

How to Prepare:

stir all ingredients until combined

Broccoli and Bacon Salad

Serves:10,10

CarbsPerServing:57g total

Effort:Easy

Ingredients:

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1 bunch broccoli - cut small	1 cup shredded cheddar cheese
1 small red onion - chopped fine	1 pound bacon - fried crisp, set aside
¼ cup artificial sweetener - to taste	1 cup mayonnaise
	2 tablespoons vinegar

How to Prepare:

Mix together: mayo, sweetener and vinegar, let stand 20 min. Mix again and pour over remaining ingredients. Mix well and sprinkle bacon over top.

Let sit all day and stir before serving.

Cajun Chicken Caesar Salad

CarbsPerServing:4g total

Effort:Easy

Ingredients:

1 large chicken breast	cajun spice or cayenne
pepper to taste	2 tablespoons Hot Sauce
2 tablespoons caesar dressing	2 Cups romaine lettuce
2 tablespoons parmesan cheese	

How to Prepare:

Sprinkle spices on chicken breast. May be grill on the BBQ (my favourite), baked, fried, etc. Cut in to 1 inch cubes and toss with hot sauce. Set aside.

Mix lettuce, dressing and cheese. Put on a plate and top with chicken. Top with additional parmesan cheese if desired.

I like mine really hot and spicy so I use cayenne Cajun spice will make it a little milder.

NOTES : Counts for cajun spice and caesar dressing not included in totals.

Chunky Tomato Salad

CarbsPerServing:24g total

Effort:Easy

Ingredients:

Chunky Tomato Salad	2 cups fresh tomatoes - cut
in ½" cubes	¼ cup scallions - sliced
1 cup mushrooms - sliced	1 tablespoon olive oil
1 tablespoon vinegar	1 tablespoon water
1/8 teaspoon dried oregano	1 teaspoon dried basil
salt and pepper to taste	½ teaspoon splenda - or your choice

How to Prepare:

Combine veggies. In small bowl mix rest of ingredients. Add to veggies. Toss gently till spices are evenly spread thru out. Chill overnight.

Cottage Cheese Casserole

CarbsPerServing:36g total

Effort:Easy

Ingredients:

3 eggs - slightly beaten	3 cups cottage cheese -
small curd	1 small diced onion
	black pepper to taste

How to Prepare:

Mix all ingredients and pour into a casserole dish. Bake at 350 degrees for 45-50 minutes, or until firm and pulls away from the sides of the pan. Serve warm.

Cranberry Relish

CarbsPerServing:74g total

Effort:Easy

Ingredients:

1 cup dark rum	1 teaspoon lemon rind - grated
¼ cup artificial sweetener ¾ to 1 cup	1/2 cup walnuts - chopped, pecans or almonds
4 cups cranberries - raw fresh or frozen	

How to Prepare:

Put Splenda and rum in saucepan, heat to boiling. Add cranberries & lemon zest, bring back to boil & immediately lower heat so the mixture is on a low, rolling boil, just above a simmer. Cover and cook for 10 minutes, stirring occasionally. Add chopped nuts, mixing in thoroughly. Let cook 1-2 min, then remove from heat, cover and let cool completely. The rum & lemon zest add tremendous richness complexity to the sauce. But, if you want to forego the rum, just substitute an equal amount of water.

Double Cranberry Salad

Serves:8

CarbsPerServing:3.125g

Effort:Easy

Ingredients:

Double Cranberry Salad

2 ½ cups Diet Iced Botanicals(Cranberry-Raspberry) - zero carbs
1 large package Cranberry
1/2 cup chopped celery
1/8 cup mayonnaise
Jell-O (about 8 Carbs???)
1 ½ cups cottage cheese

How to Prepare:

Bring Botanicals to boil. Stir in Jell-O until dissolved. Chill until partially set (thickened -but not solid. Pour ½ in 8x8x2 inch glass pan. Stir ½ cup celery & ½ cup nuts into pan-add additional celery & nuts to remaining Jello. Chill 8x8 pan & remaining Jell-O mixture---until Jell-O is firm. Mix together cottage cheese & Mayo---place on top of 8x8 layer of Jell-O. Take remaining Jell-O (if it is firm

warm slightly in microwave & pour over cottage cheese. Chill until firm. Cut into 8 servings.

NOTES : Carbs for Cranberry Jello not included in above total - adjust accordingly

Fancy Pea Salad

CarbsPerServing:78g total

Effort:Easy

Ingredients:

2 cups peas, canned - fancy	1 ½ cups finely chopped onion
1 cup celery - chopped	2 cups lettuce - cut
bite-sized 1 cup mayonnaise	10 slices bacon - cooked and crumbled
¼ cup Parmesan cheese	

How to Prepare:

Toss peas, onion, celery, and lettuce with mayonnaise in a serving bowl. Sprinkle bacon on top. Sprinkle with Parmesan cheese. Cover; refrigerate overnight.

Little peas, celery, and bacon add crunch and color to this salad. It's a very nice change of pace for a picnic or potluck. Note that you can use frozen peas, if you prefer. You can use whatever variety of lettuce suits your taste. Serves 4-6.

French dressing

Serves:4 to 6 servings

CarbsPerServing:very low

Prep Time:5 minutes

Effort:Easy

Ingredients:

½ cup walden farms ketchup ½ cup oil (canola or vegetable) ¼ cup white vinegar 1 packet equal 1 teaspoon lemon juice dash of pepper

How to Prepare:

stir all ingredients until combined

Garlic and Pepper Bleu Cheese

Serves:6ish

CarbsPerServing:1-2 per serving

Prep Time:5 mins

Effort:Easy

Ingredients:

½ Cup Sour Cream ½ Cup Mayo 4oz Bleu Cheese Crumbled 1 tsp Garlic Powder or Minced fresh cloves ½ tsp black pepper or ground peppercorns

How to Prepare:

Mix all ingredients in a tupperware bowl and enjoy.. I think its better to let it sit in the fridge for a few hours so the cheese really gets in there good and the flavors combine a little.. This will hold in the fridge for 5 days to a week so if you don't think you can use it in that time half the ingredients and make a smaller batch.. This is also SUPER CHUNKY so if you want it less chunky reduce the amount of cheese.

Ginger Salad Dressing

Serves:6

CarbsPerServing:1.83g

Effort:Easy

Ingredients:

¼ cup chopped onion	¼ cup peanut oil
2 tablespoons rice wine vinegar	2 tablespoons water
1 tablespoon ginger root - chopped	1 tablespoon chopped celery
1 ½ teaspoons tomato paste	1 ½ teaspoons splenda
1 teaspoon lemon juice	1 Dash salt and pepper

How to Prepare:

Combine all ingredients in blender container or wok bowl of food processor fitted with steel knife; process until almost smooth. May be kept refrigerated up to one week.

Greek Salad

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 head lettuce torn into bite sized pieces	1 jar marinated artichoke hearts
½ small tomato choppe (optional)	A few black olives (optional)
on how much you - (4 to 8 like it	4 oz feta cheese depending
6 oz chopped ham	1 bottle Ken's Steakhouse Greek Dressing

How to Prepare:

Mix all of the ingredients including the dressing and let sit for 10 minutes before serving. This salad is AWESOME!!! I have made it for years for parties and at home and it has become a staple in our family.

Grilled Chicken Salad

CarbsPerServing:31g total

Effort:Easy

Ingredients:

¼ cup soy sauce	¼ cup olive oil
2 pounds skinless	boneless chicken breast - cut in bite size chunks
garlic powder - to taste	2 cups lettuce 1 large tomato
1 medium cucumber	½ red onion
black pepper - to taste	balsamic vinegar - to taste

How to Prepare:

Heat oil in non-stick fry pan Saute chicken with garlic powder until just starting to turn a golden brown. Add soy sauce. Simmer on low heat for about 5 to 10 minutes. The oil will float a little to the top. That's okay.

Make salad with the remaining items. Sprinkle with black pepper. NO SALT! That's what the soy sauce is for.

When salad is ready, pour the hot mixture of chicken, oil and soy onto the salad. Add balsamic vinegar to taste and toss. The lettuce will wilt a little. You will love it!

'Honey' Mustard!

Serves: One

CarbsPerServing: About 3

Prep Time: Less than one minute!

Effort: Easy

Ingredients:

1 Tbs. Dijion Mustard
1 Tbs. Spicey Brown Mustard
2 Tbs. Heavy Whipping Cream
1 Packet Splenda

How to Prepare:

Mix all ingredients and serve! Origionally, I thought this up as a dip for chicken, but it also makes the BEST salad dressing. If you've been missing honey mustard dressing (It's my personal favorite!) suffer no more!

Hot Chinese Chicken Salad

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:

For two large salads: 2 chicken breast - cooked with desired seasoning
2 large bowls of lettuce Tomatoes (optional)
Crumbled bacon (optional) Hot peppers (optional)
Slivered almonds (optional) Desired shredded cheese (I like cheddar)
Dressing (the best part):
½ cup oil 1/3 cup apple cider vinegar
1 TB soy sauce (low sodium)
2 packets Equal - Splenda 1 Dash ginger
1 Dash pepper 1 Dash garlic salt

How to Prepare:

Bring ingredients of dressing to a boil in a pan and stir with wisk. Once all ingredients are well-blended, pour over salads.

Hot German Turnip Salad

CarbsPerServing: 4g total

Effort: Easy

Ingredients:

1 cup mayonnaise 3 Tablespoons white wine
2 teaspoons vinegar ½ cup bacon grease
½ teaspoon fresh dill 2 packages artificial sweetener - sweet n low
¼ teaspoon salt 1/8 teaspoon pepper
bacon strips - crushed 2 teaspoons onion

How to Prepare:

Whisk all ingredients together. Makes about 2 cups. Use about ¼ to ½ cup per large turnip, boiled until soft. Add crushed bacon and 2 tablespoons onion sauted in bacon grease.

Italian Cauliflower Salad

Serves: 6

CarbsPerServing: 23g total

Effort: Easy

Ingredients:

3 cups cauliflower 2 tablespoons diced green
bell pepper 2 tablespoons diced onion
¼ cup water 3 tablespoons italian salad
dressing 1/4 teaspoon salt 1/8 teaspoon oregano - dry
1/8 teaspoon basil - dry 1/8 teaspoon garlic powder

How to Prepare:

Combine all ingredients in pan. Cover and cook over medium heat, stirring once in a while till 'flower is tender crisp, about 10 mins Chill thoroughly.

Italian Mushroom Salad

CarbsPerServing: 11g total

Effort: Easy

Ingredients:

3 tablespoons italian salad dressing 1 tablespoon Parmesan
cheese 2 cups sliced mushrooms thinly sliced

How to Prepare:

Mix dressing and cheese. Stir in the mushrooms. Chill several hours.

NOTES : Counts for italian dressing not included in totals.

Kentucky Derby Salad

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:

Boston or Iceberg lettuce apple cider vinegar
 4 strips bacon brown sugar twin
 sesame oil

How to Prepare:

Fry bacon very crisp, shred lettuce, dice or slice the onions warm 3-4
 tablespoons sesame oil, crunch up bacon, put on lettuce and onions, twin brown sugar to taste,
 vinegar to taste.

Lemon Dressing

CarbsPerServing:13g total

Effort:Easy

Ingredients:

2 teaspoons salt 4 teaspoons Splenda
 1 dash pepper 1 dash Paprika 1 1/3 cups salad oil
 8 tablespoons vinegar 8 teaspoons lemon juice
 1 teaspoon grated lemon rind - zest

How to Prepare:

Combine all ingredients in a jar with a tight fitting lid
 and shake until well blended. Refrigerate.

Lime and Cilantro Vinaigrette

CarbsPerServing:7g total

Effort:Easy

Ingredients:

2 tablespoons red wine vinegar 2 tablespoons lime juice
 1/4 teaspoon black pepper 1/4 cup cilantro leaves, whole
 1 clove garlic 1 tablespoon egg substitute, liquid - (or 1 egg yolk)
 2 teaspoons prepared mustard 1/2 cup oil
 1 pinch salt

How to Prepare:

Put everything but half the cilantro and all of the oil in a
 blender. Process until smooth. With the blender running, slowly pour
 in the oil until it's well blended. Chop the remaining cilantro very
 fine and stir into the dressing. The cilantro taste is very strong.
 Start with just 2T if you like. The vinaigrette is an excellent
 marinade for ribs or fish. If you like a stronger lime flavor (for
 marinades) add 1T lime zest to the blender as well.

Low Carb Version Waldorf Salad

CarbsPerServing:90g total

Effort:Easy

Ingredients:

2 cups jicama - peeled and cubed 2 tablespoons lemon juice
 1/2 cup strawberries - cut into 1/4s 1/2 cup celery - sliced
 1/2 cup mayonnaise - more or less to taste 2 packets splenda
 3 tablespoons slivered almonds
 2 tablespoons blue cheese crumbled (optional)
 4 cups romaine lettuce - shredded

How to Prepare:

Toss Jicama cubes with lemon juice and let sit 5 minutes. Mix in remaining
 ingredients. Refrigerate 30 minutes or more before serving. Divide lettuce
 among 4 plates and spoon 1/4 of the salad over the top of each.

Men Like It Salad (And Women Too!)

CarbsPerServing:21g total

Effort:Easy

Ingredients:

8 ounces cream cheese 1/2 cup chopped pecans
 1 cup diced celery 1 small can crushed
 pineapple 1 pkg. lime gelatin 1 1/4 cup hot water
 1 pinch salt

How to Prepare:

Mash cream cheese. Blend in pineapple. Add nuts and celery. Dissolve gelatin in
 water. Cool. Mix with cream cheese mixture. Pour into mold or pan. Chill.

NOTES : Counts for crushed pineapple and lime gelatin not included in totals.

Mexican Egg Salad

CarbsPerServing:17g total

Effort:Easy

Ingredients:

6 large eggs - boiled 1 small red pepper
 3 ounces green chili peppers - 1 3 ounce can,
 chopped 2 tablespoons mayonnaise 1 teaspoon mustard
 1/8 teaspoon cayenne pepper

How to Prepare:

We served it on roasted red peppers on the grill and it was awesome.

Mock Potato Salad

CarbsPerServing:18g total

Effort:Easy

Ingredients:

1 head cauliflower - cooked and chopped 2 eggs - boiled and chopped

1 onion - chopped 1 stalk celery - chopped
 1/3 cup mayonnaise 1/2 teaspoon dry mustard 1/2 teaspoon seasoned
 rice vinegar - (1/2 to 1) salt and pepper - to taste
 fresh dill - optional, sprinkled over
 dill pickle - chopped, optional

How to Prepare:
 Serve chilled

mock tuna/spam/ham mac.salad

Serves:4

CarbsPerServing:3
 Effort:Easy

Prep Time:15 min.

Ingredients:

8 boiled eggs diced 1/4c.celery
 1/4c.onion 1c. mayo
 add 1 can tuna diced spam
 or diced ham mustard to taste
 salt

How to Prepare:
 put every thing together, mix well

Monaco Salad

Serves:1 - count for entire recipe

CarbsPerServing:22g carbs /10g fiber

Prep Time:Just chopping

Effort:Easy

Ingredients:

2 cups romaine lettuce, chopped 2 cups bok choy, chopped
 1/2 cup endive, chopped 1/2 cup spinach, stems removed and chopped
 1/2 cup red cabbage, chopped 1/2 cup cucumbers, peeled and sliced
 1/2 cup celery, sliced 1/2 cup mushrooms, sliced
 1/4 cup carrot shreds(I use jicama!)

How to Prepare:
 Toss everything together. The book suggests a poppyseed dressing, but I have not found one that was low-carb/low-sugar, so I usually use a good Italian and it's fine

Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 cauliflower, head 1 cucumber - cut into bite-sized pieces
 grape tomatoes 1 thick sliced ham (from deli) - diced 1 thick sliced turkey (from deli) - diced
 Mayonaise Salt
 Pepper

How to Prepare:
 Cook the cauliflower until tender - drain and cut into bite sized pieces. Add the cucumber, tomatoes, ham & turkey. Mix with mayonnaise and add salt & pepper. Chill.

Mushroom and Olive Salad

CarbsPerServing:55g total

Effort:Easy

Ingredients:

1/2 cup kalamata olives 1/2 cup green olives
 1/2 cup black olives 1/2 cup banana peppers - rings
 2 ounces pimientos - (small jar)
 1/2 cup mushrooms - cut into 1/2s 1 cup italian salad dressing bottled
 3 tablespoons lemon juice 1 teaspoon black pepper - freshly ground
 2 cloves garlic - smashed 2 cups water
 1/2 teaspoon salt

How to Prepare:
 Use whole, pitted olives -or olive halves (not slices) depending on how you want to use the mix. Banana peppers can be mild or hot -your choice. Drain and rinse all ingredients. Bring water, salt and lemon juice to a boil. Add mushrooms and boil for 3 minutes. Drain well. Warm salad dressing, garlic and pepper to a low simmer, then remove from heat and let cool while you assemble the rest. In a gallon size zipper bag, place olives, mushrooms pimento and peppers. When dressing has cooled slightly, pour into bag and seal. Marinate 2-3 days, turning bag occasionally Drain or use with the dressing over salads.

Mushroom Salad 2

CarbsPerServing:25g total

Effort:Easy

Ingredients:

2 cups pickled mushrooms or in brine 3 ounces sour cream black pepper
 onion - chopped

How to Prepare:
 Cut pickled (or in brine) mushrooms, add chopped onion and mix with sour cream. Flavour with pepper.

Oriental Salad Dressing- Single Serving

Serves:1,9

CarbsPerServing:0
 Effort:Easy

Prep Time:5 minutes or less

Ingredients:

1 TBSP Sesame Seed Oil 2 TBSP Canola Oil
 1 tsp Sesame Seeds 1 tsp Splenda 1 TBSP apple cider vinegar
 Salt & pepper to taste
 How to Prepare: Mix all ingredients in a ½ cup measuring cup.

Oriental Salad for Company

CarbsPerServing:30g total

Effort:Easy

Ingredients:

½ pound cabbage - (1/2 to 1) finely shredded 2 cups red cabbage - finely shredded
 green onions - sliced thin toasted sesame seeds

Oriental Dressing:

3 tablespoons sesame oil - (3 to 4) 6 tablespoons red wine vinegar
 1 packet artificial sweetener pepper

How to Prepare:

Prepare above salad greens, onions & sesame seeds and layer in a glass bowl. Cover and chill. Make dressing.

Mix all dressing ingredients and let stand at room temp for 30 minutes just before serving, add dressing and toss.

Enjoy!

Outback Steakhouse™ Caesar Salad Dressing

Serves:10

CarbsPerServing:17g total

Effort:Easy

Ingredients:

1 cup mayonnaise ¼ cup egg substitute
 ¼ cup grated parmesan cheese 2 tablespoons water
 2 tablespoons olive oil 1 ½ tablespoons lemon juice 1 tablespoon anchovy paste
 2 cloves garlic - pressed 2 teaspoons sugar
 ½ teaspoon coarsely ground pepper ¼ teaspoon salt
 ¼ teaspoon dried parsley - crushed fine

How to Prepare:

Combine all ingredients in a medium bowl. Use an electric mixer to beat ingredients for about 1 minute.
 2. Cover bowl and chill for several hours so that flavors can develop. Makes approximately 2 cups.

This dressing keeps for weeks and weeks in the fridge in a covered container (if it's even around that long).

Peanut Cole Slaw

CarbsPerServing:26g total

Effort:Easy

Ingredients:

1 Medium Head Cabbage ½ Cup peanuts - I use spanish salted
 1 Cup Sour Cream 1/2 Cup mayonnaise Sweetener

How to Prepare:

In food processor chop cabbage semi fine. Remove and process peanuts until chopped coarsely (be careful not to process too long or you'll have peanut butter). Mix the sour cream, mayo and sweetner to taste, then mix with cabbage and peanuts. Let set a few hours in the fridge to blend flavors.

I usually save a few peanuts whole and add when I serve.

NOTES : Counts for sweetener not included in totals.

Pecan and Gorgonzola Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Bibb or leaf lettuce gorgonzola cheese
 pecan pieces (toasted in butter on stove top. Be careful because pecans will burn before butter. Make sure to toast them for full effect) olive oil/balsamic vinegar
 season with salt and pepper to taste

How to Prepare:

There's something about the combination of these flavors that's out of this world. For those with a few carbs to spare, throw in a bit of chopped-up pear. If I'm having a sweet or a salty craving, this salad will almost always take care of it. (Left over flank steak also beefs up this dish). Bon appetit!

Pepper/Parmesan/Ranch Salad Dressing

CarbsPerServing:2g total

Effort:Easy

Ingredients:

2 tablespoons sour cream 1 tablespoon parmesan cheese - finely grated
 2 teaspoons heavy cream 1 teaspoon ranch dressing fresh ground pepper to taste

How to Prepare:

Mix all together and chill before serving

NOTES : Counts for ranch dressing not included in totals.

Philly Cheese Steak Salad

Serves:2

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

4 thin breakfast or chip steaks - cut into strips Olive Oil
Onion Green pepper4 slices Provolone cheese
Lettuce Tomato Mayo

How to Prepare:

Brown onion and green pepper in a little bit of oil in skillet. Add steak strips and cook until done.

Add slices of Provolone cheese and cook a few seconds until melted. Serve on a bed of lettuce. Top with sliced tomatoes and mayo.

Pineapple Slaw

Serves:4

CarbsPerServing:8.5g

Effort:Easy

Ingredients:

2 cups cabbage - finely shredded
½ cup crushed pineapple in juice - drained
¼ cup green peppers - finely diced
2 tablespoons mayonnaise - (more if you like)
2 tablespoons onion - finely dicedStevia - to equal 1 teaspoon sugar
¼ teaspoon celery seed salt - to taste pepper - to taste

How to Prepare:

Combine pineapple and veggies. Toss. Mix rest of ingredients together. Spoon over veggie mixture. Mix well. Chill. Mix again before serving.

NOTES : Stevia not included in counts

Quick Fixin' Taco Salad

CarbsPerServing:7g total

Effort:Easy

Ingredients:

1 Can Herfords brand Shredded Roast Beef - Or equivalent (Libby's)1
Cup shredded cheddar cheese 3 Tablespoons sour cream
2 Cups Iceberg Lettuce 2 Tablespoons black olives
3 Tablespoons low carb salsa

How to Prepare:

Drain gravy juice from can, Heat the Roast Beef (microwave works great). Place Roast beef over lettuce and top with: cheese, sour cream, black olives and salsa.

NOTES : Makes two good size servings at approximately 4/5 carbs per serving.

Counts for Herford's Shredded Beef and low-carb salsa not included.

Ranch Dressing w/Blue Cheese Variation

CarbsPerServing:19g total

Effort:Easy

Ingredients:

¾ cup sour cream ¼ cup mayonnaise
¼ cup heavy cream ½ teaspoon salt
½ teaspoon black pepper 1 teaspoon garlic powder1 teaspoon onion powder
1 teaspoon dried parsley 2 tablespoons red wine vinegar
3 ounces gorgonzola cheese - crumbled 1 tablespoon red wine vinegar

How to Prepare:

For ranch dressing: combine first 9 ingredients and whisk well. Add more cream if a thinner consistency is desired. For Blue cheese: combine first 9 ingredients with extra vinegar and 1 oz of the cheese. Blend until smooth, then stir in the remaining crumbles blue cheese.

Yield: 1 ½ cups

Ranch Dressing 2

Serves:10

CarbsPerServing:13g total

Effort:Easy

Ingredients:

1 cup mayonnaise ½ cup heavy cream
½ cup water 1 tablespoon vinegar
1 tablespoon dried chives 2 teaspoons garlic powder1 tablespoon dried parsley
½ teaspoon paprika 1 dash cayenne pepper
1 teaspoon celery salt ½ teaspoon black pepper
1 teaspoon onion powder

How to Prepare:

Mix everything well and keep refrigerated. Makes about 2 ¼ cups.

Restaurant Style Slaw

Serves:10

CarbsPerServing:60g total

Effort:Easy

Ingredients:

8 cups cabbage - finely chopped, not shredded ¼ cup chopped carrot - finely chopped
1/3 cup Splenda ½ teaspoon salt
1/8 teaspoon white pepper1/4 cup half and half ½ cup mayonnaise
¼ cup buttermilk - or heavy cream to reduce carbs 1 ½ tablespoons white vinegar
2 ½ tablespoons lemon juice

How to Prepare:

This is not my own recipe

*Note...I work full time so rather than shred all the veggies I just bought the stuff that's already shredded in the bag.

Be sure cabbage and carrots are chopped up into very fine pieces (about the size of rice.) If you have no food processor, cabbage and carrots may be "chopped", by adding small pieces of them to your blender with cold water and hitting the "grate" or med-low setting. Be sure to drain very well before proceeding. Combine Splenda, salt, pepper, half-and-half, mayonnaise, buttermilk (or cream), vinegar, and lemon juice in a large bowl and beat until smooth. Add the cabbage and carrots and mix well. Cover and refrigerate for at least 2 hours before serving.

When served, this will taste just like the creamy sweet slaw served in restaurants like KFC, Lee's, and many BBQ places.

Sante Fe Beef and Hot Pepper Salad

Serves:8

CarbsPerServing:6.5g

Effort:Easy

Ingredients:

Dressing: ½ cup salsa - thick and chunky
½ cup sour cream ½ teaspoon chili powder
Salad:
½ cup pitted ripe olives 8 ounces lettuce - 8 ounce bag, torn
8 ounces deli roast beef - julienned 4 ounces hot pepper cheese (Alpine Lace makes one)
2 medium tomatoes - cut into thin wedges 2 thin onion slices - separated into rings

How to Prepare:

Stir together salsa, sour cream and chili powder in a Small bowl.
Mix well.

2. Combine all salad ingredients in large bowl, toss lightly. Serve with dressing.

Seasme (Tahini) Dressing

Serves:4ish

CarbsPerServing:1-2 per serving

Prep Time:5 mins

Effort:Easy

Ingredients:

¼ cup Tahini ½ cup water
2 tbsps lemon juice ½ clove garlic, crushed

How to Prepare:

Blend all ingredients until smooth. Yields ¾ cup dressing.. if you want it thicker you can decrease the amount of water.. This is nutty and tart a great substitute for oriental style dressing.

Sesame Slaw

CarbsPerServing:93g total

Effort:Easy

Ingredients:

½ cup sesame seeds ½ cup slivered almonds
2 tablespoons butter 1 head cabbage head - napa - shredded
4 spring onion - choppedDressing: 1/3 cup red wine vinegar
½ cup olive oil 8 packages artificial sweetener
2 teaspoons salt ¼ teaspoon pepper

How to Prepare:

Saute sesame seeds and almonds in butter. Add this to cabbage and spring onions. Refrigerate. Mix dressing and pour over salad. Serves 8-10

Seven Layer Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

lettuce sliced boiled eggs
chopped onion sliced olivescrumbled bacon
mayo grated cheese

How to Prepare:

Layer. Make in single serving size or family size.Can be made ahead and refrigerated.

Shrimp Curry Salad

Serves:2

CarbsPerServing:3.5g

Effort:Easy

Ingredients:

Salad:
1/3 head lettuce 4 radishes - chopped
3 green onion - finely chopped (green peppers are also good on this salad)
Dressing:
2 tablespoons butter ½ pound cooked shrimp - small
1 clove garlic pepper 3 tablespoons mayonnaise
1 teaspoon curry powder

How to Prepare:

Put about 2 Tbl Butter and ½ Lb. Small cooked shrimp in medium glass bowl with lid. Microwave 1 minute till butter is melted and shrimp is medium hot. Stir in 1 clove garlic and a small amount of pepper. In separate small bowl combine 3 large Tbls of Mayonnaise (I used Best Foods) and 1 tsp Curry powder.

Pour juice from shrimp in with mayonnaise and combine. Put shrimp on salad. Pour dressing on salad.

Shrimp Egg Salad

CarbsPerServing:3g total

Effort:Easy

Ingredients:

2 eggs - hard boiled 2 tablespoons mayonnaise
1 cup shrimp - frozen, cocktail

How to Prepare:

Chop boiled eggs into bowl add mayonnaise and mix well. Dump frozen shrimp into boiling water for 1 min then drain. Add shrimp to egg salad. Mix and chill

This is good on Atkins bread, a bed of chopped spinach, or just by itself.

Zesty Shrimp Salad

Serves:3

CarbsPerServing:4.5

Prep Time:20 mins

Effort:Easy

Ingredients:

1 lb shrimp 1 small head of lettuce
½ medium cucumber 1 cup green bell pepper
light done right 1/4 cup Zesty Italian Kraft salad dressing

How to Prepare:

Bring one quart of water to a boil and drop shrimp in boiling water for 5 to 7 minutes. When shrimp cools peel and mix the salad dressing with the shrimp. All other ingredients prepare them in bite size pieces add the shrimp and toss. This is great to take for lunch. Keep shrimp separate from your greens and toss when you are ready to eat.

Side Salad 2

CarbsPerServing:11g total

Effort:Easy

Ingredients:

½ pound salami - hard, cut ½" thick ½ pound mozzarella cheese - cubed
1 cup grape tomatoes - halved 1/8 cup fresh basil - chopped fine
¼ cup olive oil - light salt and pepper to taste

How to Prepare:

Toss together. Serve with diet flat bread grilled with olive oil and garlic salt.

NOTES : Counts for grape tomatoes not included in totals.

Simple Colorful Salad

CarbsPerServing:40g total

Effort:Easy

Ingredients:

12 cherry tomatoes - cut in half
1 large cucumber - wash and slice about ¼" slices
1 small red onion - cut into thin slices and separate into rings
6 green olives - w/pimento cut into ½s (optional) 1 lemon - cut in ½ and slice very thin -make sure peel is clean
2 tablespoons fresh parsley - chopped (2 to 3)
1/3 cup bottled Italian or Caesar dressing
salt and pepper to taste

How to Prepare:

Toss everything together and let marinate in the refrigerator for an hour before serving. By itself or this is also excellent spooned over some lettuce, cabbage or fresh spinach.

NOTES : Counts for dressing not included in totals.

Spicy Steak Salad

CarbsPerServing:34g total

Effort:Easy

Ingredients:

1 pound round steak 2 tablespoons lime juice
4 tablespoons oil 1 clove garlic - crushed
1 teaspoon crushed red pepper - flakes
½ teaspoon salt ½ teaspoon pepper
6 cups romaine lettuce - shredded 4 tablespoons bottled Italian dressing
1 small tomato - diced ½ onion - cut into thin rings
1 medium cucumber - sliced thin, don't peel 8 black olives
2 medium radishes - sliced thin

How to Prepare:

Mix lime juice, oil, garlic and seasonings. Place in a large zipper bag w/meat. Let marinate overnight, turning occasionally. When ready to serve, heat Foreman grill and cook for 6 minutes. (You may need to cut steak in ½ or smaller). If using a skillet, preheat skillet -you want it to sizzle when you put the steak in☺ Cook over high heat for 4 minutes per side.

Toss lettuce with dressing and place in 4 plates. Top with the vegetables.

Slice steak thinly and place on top of salad.

NOTES : Counts for italian dressing not included.

Spinach Salad with Peanut Salad Dressing

Serves:6,10

CarbsPerServing:5.17g

Effort:Easy

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Ingredients:

1/3 cup unsalted peanuts, dry-roasted ½ pound fresh spinach
 5 cherry tomatoes - (5 to 10) 4 red onion slices
 2 tablespoons rice wine vinegar 1/4 teaspoon salt 1 tablespoon soy sauce
 1/8 teaspoon cayenne pepper - or half this for less spiciness
 6 tablespoons peanut oil

How to Prepare:

In a jar, shake together vinegar, salt, soy sauce & cayenne pepper until salt dissolves. Add oil & shake again to combine ingredients. Pour over salad when ready to serve and toss well.

Spinach Salad

Serves:4

CarbsPerServing:Not sure

Prep Time:10 minutes

Effort:Easy

Ingredients:

1 Bunch of Spinach 6 fresh mushrooms
 1 cup bean sprouts 2 strips turkey bacon
 1 ½ tbs Renees Gourmet Dressing Cucumber Dill flavour

How to Prepare:

Wash and Chop spinach into bite size pieces, chop mushrooms, add bean sprouts, Fry bacon till crisp, crumble and add. Mix in dressing and serve.

Spinach Salad w/Hot Bacon Dressing

Serves:10

CarbsPerServing:8g total

Effort:Easy

Ingredients:

4 Bacon Strips ¼ cup splenda
 ¼ teaspoon Salt 1 tablespoon Not-Starch
 1 egg - beaten 1/8 cup Vinegar ½ cup Water
 1 bag Fresh Spinach Leaves 2 eggs

How to Prepare:

Fry bacon until crisp. Reserve drippings and drain bacon on paper towel, crumble and set aside.

In small saucepan combine splenda, salt and not-starch. Add egg and vinegar; mix well. Add water and reserved drippings and bring to boil. Reduce heat; simmer stirring constantly for 2-3 minutes. Cool just until dressing reaches desired thickness. Put crumbled bacon on top of spinach leaves in large bowl and toss with dressing.

NOTES : Counts for not-starch and spinach leaves not included in totals.

Spring Mix Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Good sized handful of spring greens lettuce mix.

Hidden valley ranch dressing package mixed with sour cream instead of mayo (much better that way). Mix a little water and/or cream to get a more fluid consistency. 1 Safeway Select brand Chicken, Parmesan, Mushroom, and Spinach Sausage, sauteed whole (slice when cooked), or any brand that has no carbs/sugar.

A small sprinkling of Planter's mixed salted nuts instead of croutons (more natural and yummiier than store bought croutons).

How to Prepare:

Toss all ingredients in a salad bowl with a tablespoon or two of your dressing, and you'll have the most amazing brunch, lunch or dinner. Add a sprinkling of garlic powder and pepper for extra zip).

Spring Salad

CarbsPerServing:17g total

Effort:Easy

Ingredients:

1 medium cucumber 1 large tomato
 2 green onions 4 tablespoons low carb italian salad dressing - 4 - 5
 2 teaspoons splenda

How to Prepare:

Dice vegetables- slice green onion, combine in a small bowl, sprinkle dressing and splenda over all and add salt and pepper if desired. Gently stir to mix and coat all, and refrigerate for at least 2 hours or overnight.

Suggestions: This is always better the next day. This recipe serves 2-3, and is awesome with a steak or chicken breast. The marinade is good on the meat as well.

NOTES : Counts for salad dressing not included in totals.

Strawberry Feta Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Mix Strawberries (sliced) with Feta cheese, Lettuce, and Poppyseed dressing. Delicious in the summertime.

Sweet and Crunchy Chicken Salad

Serves:4+,1

CarbsPerServing:see note on recipe

Prep Time:n/a

Effort:Easy

Ingredients:

8 ounces cooked chicken breast half - diced small 1 ounce slivered almonds
½ cup jicama - diced small/see note ½ cup diced celery
½ cup diced onion 4 tablespoons mayonnaise
2 packets splenda packets 1 each salt and pepper - to taste

How to Prepare:

Put jicama and 2T water in a baggie with 1 packet splenda and let sit at room temperature for 1 hour, turning bag occasionally to marinate.

When ready to make, mix all ingredients well including liquid from jicama. Refrigerate at least 2-3 hours to blend flavors.

*note: ½ cup of diced strawberries can be used instead, but don't add them until ready to serve and fold in gently.

**Start with 1 pack of splenda/sweetener added to the salad mixture and taste before adding more. You may not like it as sweet as I do.

**Nutritional information is for entire recipe. I get 3-4 servings, so divide the information provided by the number of servings you get.

Per serving: 990 Calories (kcal); 76g Total Fat; (66% calories from fat); 63g Protein; 23g Carbohydrate; 8g fiber; 174mg Cholesterol; 4768mg Sodium

Sweet Orange Dressing/Marinade

CarbsPerServing:11g total

Effort:Easy

Ingredients:

½ cup oil - grapeseed or olive or vegetable 3 packets sweetener
2 tablespoons grated orange peel 4 tablespoons red wine vinegar1 teaspoon orange extract
2 tablespoons chopped parsley 1 tablespoon red bell pepper - diced very fine
1 tablespoon green bell pepper - diced very fine

How to Prepare:

Put the vinegar, sweetener, extract, and 1T orange peel into a blender and blend. Slowly blend in the oil. Stir in the remaining ingredients. Refrigerate, tightly covered. This is a good marinade for chicken, fish or pork and makes an excellent dressing for spinach salad.

Sweet Spinach, Shrimp and Strawberry Salad

Serves:4

CarbsPerServing:Per Serving: 175 Calories; 3g Fat (14.9% calories from fat); 27g Protein; 10g Carbohydrate; 3g Dietary Fiber; 227mg Cholesterol; 293mg Sodium.

Prep Time:15 minutes

Effort:Easy

Ingredients:

4 ounces spinach leaves 4 ounces baby lettuce leaves
1 cup sliced strawberries -- *reserve about ¼ cup
½ cup jicama slices *cut into matchstick pieces
1 pound boiled shrimp, jumbo - peeled and chilled
1 tablespoon balsamic vinegar
6 ounces plain yogurt -- *s/f vanilla, not plain
½ cup sliced red onion

How to Prepare:

Cut lettuce and spinach however you like and place on 4 plates.

Divide jicama, onion, shrimp and strawberries on top.

In a blender or food processor, blend reserved strawberries, yogurt and balsamic vinegar. Drizzle over the salads.

*IF you use plain yogurt, add ½tsp vanilla extract and 1 packet sweetener to the dressing mix when you blend it.

Taco Mexican Salad

Serves:1

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Take a certain amount of hamburger meat, it depends on how many people are eating, cook it up in a pan and add low carb taco seasoning to the hamburger meat. While cooking, cut up one red onion into small pieces or however you like. Chop up one tomato into little squares. Slice up some lettuce. When hamburger meat is brown and cooked then dish it in a bowl, add your tomatoes, onions, and lettuce. Mix it all up and don't forget the cheese. Add sour cream. It's the greatest.

Taco Salad Dressing

CarbsPerServing:5g total

Effort:Easy

Ingredients:

2 tablespoons vegetable oil
 2 tablespoons white vinegar
 1 tablespoon artificial sweetener
 2 tablespoons La Victoria red taco sauce 1/8 teaspoon worcestershire
 sauce
 2 tablespoons white onion - finely minced
 1/4 cup mayonnaise

How to Prepare:

Mix all together with a wire whip. This is very good, tastes like it has catsup in it.

NOTES : Counts for taco sauce not included in totals.

Best Ever Taco Salad

Serves:4 - nutritional information is per

serving based on 4 servings per recipe.

CarbsPerServing:Per serving: 618 Calories (kcal); 47g Total

Fat; (68% calories from fat); 36g Protein; 13g Carbohydrate;

4g fiber; 149mg Cholesterol; 520mg Sodium

Prep Time:30 minutes

Effort:Easy

Ingredients:

1 pound lean ground beef 1/2 pound chorizo 2 -- *see recipe
 1 tablespoon chili powder 1 teaspoon garlic powder
 1 teaspoon ground oregano 1 teaspoon ground cumin
 1/2 cup water 6 cups shredded lettuce
 1/2 cup diced onion 1/2 cup diced tomato
 1/2 cup diced avocado 1 cup shredded brick cheese - or pepper jack
 4 tablespoons sour cream 4 tablespoons salsa
 2 tablespoons heavy cream

How to Prepare:

Combine salsa, sour cream and heavy cream and refrigerate.

Saute ground beef, chorizo, chili powder, garlic powder, oregano and cumin until browned. Add water, reduce heat, cover and simmer for 10-15 minutes, stirring occasionally. Remove lid and continue to simmer until water is almost all gone. Taste for seasoning and add salt and pepper if needed.

Place lettuce in a gallon sized zipper bag and pour sour cream mixture over it. Seal and shake to coat lettuce with dressing.

Divide lettuce among 4 plates and then divide remaining ingredients(including cooked mixture) evenly.

Tapenade

Serves:4

CarbsPerServing:2.5

Prep Time:10 minutes

Effort:Average

Ingredients:

1/2 cup kalamata olives 1 tsp capers
 1/4 cup extra virgin olive oil 1 tbsp balsamic vinegar

Equipment Needed:

Chef's knife

cutting board

mortar & pestle

small bowl

measuring cups and spoons 1/4 to 1/2 tsp oregano

1/4 to 1/2 tsp rosemary

1 clove garlic

1/8 tsp black or white pepper

How to Prepare:

Hints: The vinaigrette should run slightly from the tapenade after it sits for a few seconds. Tapenade may be prepared a day in advance. Experiment with other herbs and types of acids to complement other foods such as fish or cold meats. Wine or cider vinegar may be substituted to reduce the carbohydrate by 0.5 g per serving.

Instructions: Chop olives until pieces are 1/8" or less. Crush capers and garlic with knife blade and mince fine. Grind oregano and rosemary with mortar and pestle until powdered. Combine all ingredients in small bowl. Cover and chill for 2 hours. Serve over cold asparagus or thin sliced tomato or other cold cooked vegetables.

Tart and Tangy Blue Cheese Dressing

CarbsPerServing:10g total

Effort:Easy

Ingredients:

1/4 cup mayonnaise 1/2 cup sour cream
 1/2 cup heavy cream 1 teaspoon spike or Mrs Dash seasoning - 1-2 tsp 1 teaspoon salt -
 if using Mrs Dash
 3 tablespoons malt vinegar - or red wine vinegar
 1/2 cup blue cheese, crumbled - salemville or gorgonzola

How to Prepare:

Reserve 1/2 of the crumbled blue cheese. Put everything else in a blender and blend until smooth. Adjust for seasoning adding more salt, vinegar or spike as needed. Stir in remaining blue cheese. Let sit refrigerated at least 2 hours(overnight is better) before using to allow flavors to blend.

Yield: 1 1/3 cups

Store in the refrigerator, tightly covered.

NOTES : Salemville Amish blue cheese is a very good mild/medium flavored cheese. Gorgonzola is stronger and bolder. You can use a combination of both. You may prefer to use the stronger cheese in the blend and have the crumbles be milder.

Thousand Island Salad Dressing

CarbsPerServing:1g total

Effort:Easy

Ingredients:

1 tablespoon mayonnaise 2 teaspoons sugar free ketchup
2 teaspoons apple cider vinegar 1/2 teaspoon worcestershire sauce
1 Dash garlic powder 2 teaspoons sweet relish

How to Prepare:

Mix all together and chill before serving

NOTES : Counts for sugar free ketchup and sweet relish not included in totals.

Tuna and Egg Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Tuna Mayonnaise
LettuceTomato (optional) Shredded cheddar cheese
Hard boiled egg

How to Prepare:

Mix tuna and mayo. Serve on a bed of lettuce and tomato. Add sliced hard boiled egg. Top with some shredded cheddar cheese.

Tuna & Goat Cheese Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

¼ cup tuna, canned - (1/2 can)
¼ cup crumbled goat cheese (can buy at grocery store)2 cups lettuce
2 tablespoons caesar dressing

How to Prepare:

Mix all ingredients! Only 210 calories, 13 grams of fat, 22 grams of protein and 4 grams of carbs...delicious!

Zippy Tuna Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 cans of tuna packed in vegetable oil Minced onion as desired
Minced celery as desired Cheddar Cheese as desiredChopped bacon as desired
Mayo as desired 2 tbsp Balsamic Vinegar

How to Prepare:

Prepare everything but tuna, mayo, and balsamic in a large bowl.

Add as much mayo as you'd like.

Add the tuna.

Mix until all ingredients are well mixed, and tuna is the consistency that you like.

Add the balsamic. Mix until balsamic is evenly spread throughout the tuna, or until all the tuna has a slight brown tint to it from the balsamic.

Put fork into tuna, lift fork to mouth, enjoy.

Waldorf Salad 2

CarbsPerServing:33g total

Effort:Easy

Ingredients:

1 large red apple ½ cup chopped walnuts
1 cup celery - or 3 stalks ½ cup mayonnaise
Artificial sweetener to taste

How to Prepare:

Chop apples and celery in ½" chunks. Mix apples, celery, mayonnaise, and walnuts together. Add sweetener to taste.

About ¼ of the salad makes the perfect snack.

NOTES : Counts for artificial sweetener not included in totals.

Warm Spinach Salad with Bacon & Pine Nuts

Serves:2,7

CarbsPerServing:8.5g

Effort:Easy

Ingredients:

2 tablespoons olive oil 4 slices bacon - cut into ½" pieces
2 tablespoons pine nuts
2 cloves garlic - small, minced1 pound spinach leaves - trimmed
1 tablespoon balsamic vinegar 1 tablespoon grated parmesan cheese

How to Prepare:

Heat 1 Tbsp oil in a heavy skillet over med-hi heat until hot but not smoking. Add the bacon and sautee, stirring occassionally, for 4 minutes, or until browned. Turn heat to Med., add the pine nuts, and

cook for 1 min., stirring occasionally. Add the garlic and cook, stirring for 30 seconds. Add the spinach, vinegar and remaining Tbsp of oil, cook tossing gently for 15 seconds, or until the spinach is warm and a bit wilted. Transfer to serving plates, sprinkle with Parmesan, and serve immediately.

The texture of the pine nuts mellows the saltiness of the bacon and the tanginess of the vinegar.

Wilted Salad

CarbsPerServing:1g total

Effort:Easy

Ingredients:

4 cups salad greens Dressing: 2 tablespoons bacon drippings
½ teaspoon salt ¼ teaspoon dry mustard
1 teaspoon Splenda 1 tablespoon vinegar

How to Prepare:

Mix all dressing ingredients in saucepan and heat to sizzling. Pour over salad greens.

NOTES : Counts for salad greens not included in totals.

APPETIZERS AND SNACKS

Avocado, cheese, and flavoured tuna

Serves:However much u choose,10,5

CarbsPerServing:not sure

Prep Time:5 mins

Effort:Easy

Ingredients:

1 cucumber 1 small tin of flavoured tuna
1 avocado block cheese (your choice depends on your preference)

How to Prepare:

Quite easy i just thought it up the other day and i haven't tried it yet but it sort of gives a substitute instead of using cracker biscuits.

Slice the cucumber to reasonable thickness. Put a slice of cheese on the cucumber. Then some avocado then finally some flavoured tuna on top. Great snack

CHICKEN WINGS (ZERO CARBS)

Serves:2,10

CarbsPerServing:0

Prep Time:20 min.

Effort:Easy

Ingredients:

3 lbs. chicken wings 6 T. Hot Sauce
1 Stick Butter 2 qts. cooking oil Lawry's Seasoned Salt

How to Prepare:

WINGS: Cut whole wings at joints and discard tips. Sprinkle wings liberally with Lawry's Seasoned Salt. Deep fry until golden brown and crispy. Drain on paper towels.

SAUCE: Combine melted butter and hot sauce in a large bowl, mix well. Add wings and coat evenly.

This recipe is for mild wings-add extra hot sauce for more heat.

Serve with bleu cheese and celery.

Bacon and Cheese Stuffed Mushrooms

Serves:Depends on # of mushrooms

CarbsPerServing:About 2 per mushroom

Prep Time:20 min

Effort:Easy

Ingredients:

8 oz cream cheese, softened 5 or 6 slices of bacon, fried crisp
1 small onion, chopped - or less 15-20 large mushrooms

How to Prepare:

Preheat oven to 350. Take the stems out of your mushrooms, reserving 4 or 5. Clean your mushrooms well and set aside.

Chop your onion well, and chop up the reserved stems.

Fry your bacon til crisp, reserving the grease. Cook your onion and stems until tender in the bacon grease. Drain the grease and add onions/stems to the softened cream cheese. Crumble your bacon in cheese mixture. Combine well. Scoop some into each mushroom cap.

Bake for about 10-15 minutes on baking sheet with edges, then broil to brown the tops. YUMMY! Great refrigerated and reheated in oven the next day!

bacon roll-ups

Serves:1 serving

CarbsPerServing:about 6 carbs(?)

Prep Time:5 mins

Effort:Easy

Ingredients:

4 large lettuce leaf's 4 slices bacon
1/4 tomatoe, diced 4 oz cream cheese

How to Prepare:

fry up your bacon, dice up your tomatoe, take the lettuce leaf's and smear 1 oz of cream cheese on each leaf. crumble the bacon and place

on each leaf, spread the tomatoes on each slice and roll-up.

Baked Salmon

Serves: two, Prep Time: 15 minutes

Effort: Easy

Ingredients:

1 pound of salmon 1/2 mayonase 1/2 tsp paprika
1/2 tsp cayenne pepper 1 tbs dried minced onion
1 tsp chopped garlic 1/4 tsp kosher salt
1/4 tsp ground pepper 1/2 tsp powdered mustard

How to Prepare:

Mix all ingredients in a bowl and let set in the frig for 1 hour. This lets all the flavors intensify.

Place the salmon on a sheet of aluminum foil skin side down, take the mixture and cover the salmon completely.

Wrap the foil so it is sealed and leaves a pouch for the salmon to steam.

Place in a preheated (350) and let cook for approximately 35-45 minutes, depending on the thickness of the salmon.

Banana Cream Pudding

Serves: make 4 cups, serves 4, 10, 10, 9, 8

CarbsPerServing: 4

Prep Time: 15 min

Effort: Easy

Ingredients:

1/2 stick cream cheese, 1/2 cup ricotta cheese, 1 cup heavy cream, 1/2 packet unflavored gelatin, 1 pack sugar free/fat free banana cream pudding mix, 1/2 cup hot!! water?

How to Prepare:

In a medium size bowl combine gelatin, pudding mix, and cream. Mix with electric mixer. Then add ricotta cheese & water. Mix. Then gradually add in cream cheese. Eat right away if you choose or let sit in fridge for 15 min for a cool treat!

beef veggie

Serves: 6

CarbsPerServing: approximately 7 per serving

Prep Time: 20 minutes

Effort: Easy

Ingredients:

2 tablespoons olive oil 1 large onion
1.5 lbs. stew beef 2 tablespoons beef base or 6 beef cubes
2 cloves garlic 4 cups water 2 cups chopped celery
1/2 cup chopped carrots 1 cup chopped cabbage
1 small can diced tomato

How to Prepare:

Heat oil on medium heat, cook garlic and onion til tender. Set aside. Add more olive oil and brown beef. Drain. Add water, beef base, and remaining ingredients. Additionally, you can add green bell pepper and chopped spinach for a taste that will set your soul free! Enjoy! Cook on low for 1-1.5 hours.

Bites of Heaven

Serves: 1, 2

CarbsPerServing: Depends on serving- very low

Prep Time: Seconds

Effort: Easy

Ingredients:

Salami slices
Cream Cheese or Cheddar Almond Accents" (salad topping by Sunkist- any flavor)

How to Prepare:

Spread cream cheese on a salami slice, top with a few Almond Accents (any flavor), fold like a taco and sit down to watch your favorite movie with a little plate of these. You can also substitute cream cheese for cheddar, or use both!

Bite-Size Crustless Quiche

CarbsPerServing: trace

Prep Time: ten minutes

Effort: Easy

Ingredients:

1 tbs butter or margarine
1/2 C. finely chopped red bell pepper
1/4 C. chopped green onions (white and green parts)
3 large eggs 2 tbs of milk
2 oz cheddar cheese coarsely grated (1/2 Cup)
1/4 tsp. salt
1/8 tsp ground black pepper

How to Prepare:

1-Preheat oven to 425. Grease one tray of 24 mini-muffin pan cups. In a small saucepan melt butter over moderate heat. Add bell pepper and onion; saute' until soft, about five minutes. Remove the pan from the heat and let the mixture cool slightly.

2-In medium size bowl, combine eggs, cheese, salt and pepper. Stir in the bell peppers and onions. Spoon about a tablespoon of the mixture into each muffin cup (The mixture will fill 18-22 cups.)

3-Bake until centers are set, 8-10 minutes. Let the quiche cool for

1 minute. using a knife, loosen the quiches around the edges and remove from the cups. Arrange them on platter and serve.

Bacon Lettuce & Tomato Treats

Serves:6-8

CarbsPerServing:2

Prep Time:30 minutes

Effort:Easy

Ingredients:

1 pound bacon 2 cups mayonnaise
1/2 teaspoon salt
1/4 teaspoon pepper 24 large cherry tomatoes
Leaf lettuce

How to Prepare:

Cook up bacon crisp Drain on paper towels Crumble bacon finely.
Mix bacon, mayonnaise, salt, and pepper all together. Refrigerate for 4 to 6 hours allowing flavors to blend and mixture to become firm.
Slice cherry tomatoes in half. Lightly scoop out fruit.
Cover platter with lettuce leaves.
Working quickly, scoop mixture into cherry tomato cavity; place on platter.

Bologna Wrap

Serves:1,10

CarbsPerServing:1

Prep Time:a little over a minute

Effort:Easy

Ingredients:

1 slice bologna 1 sliver cream cheese
2 pimento olives

How to Prepare:

Slice the 2 olives in half. Lay bologna on plate, put cream cheese across middle of bologna, and line olive halves on top of cream cheese. Roll up, and enjoy

Cheese and Sausage Balls

Serves:6, CarbsPerServing:2 per serving

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 cup of Atkins Bake mix or other low carb. bake mix
1/4 lb. of pork sausage1 cup shredded cheddar cheese
3 tbsp. heavy cream Hot Sauce to taste

How to Prepare:

Preheat oven to 350 degrees. Combine bake mix,sausage,cheese and cream. Form into 1 inch balls and place on a greased baking sheet.
Bake for 20-25 minutes until lightly brown.

Cheese Ball in Ham Rolls

Serves:lots

CarbsPerServing:less than 1 if you choose no carb ham

Prep Time:10 min.

Effort:Easy

Ingredients:

Cheese ball Spread:8 o.z. cream cheese, softened1 pkg. thin sliced smoked beef (in the cheap little bags)1/2 tsp. garlic salt2-3 green onions chopped1 tsp. worcestershire saucesandwich sliced ham (check for carb counts)

How to Prepare:

Mix up cheese ball mixture. Spread in piece of ham and roll. I keep the mix on hand in the fridge and roll more ham as needed. This is great for taking lunch or a quick snack to go.

Cheese Nachos

Serves:1

CarbsPerServing:3

Prep Time:5 min

Effort:Easy

Ingredients:

1 controlled carb tortilla
shredded cheese (hard cheese is best, because most have 0 to very low carbs)
pinch of salt to taste

How to Prepare:

cut the tortilla into 8 parts (like a pizza). Deep fry until golden brown. drain and add salt. Arrange on baking dish add cheese and bake 2-3 minutes until cheese melts. You can add any low carb toppings, or enjoy as is... This is sooo good!

Cheese Puffs

Serves:I got 90 puffs from this recipe,8,10

CarbsPerServing:16 grams total recipe

Prep Time:About 10 minutes prep, <1 hr baking

Effort:Easy

Ingredients:

1 bag pork rinds, plain 2 eggs
1 c half & half 5 oz cheese*-cut up or grated1 tsp onion powder
1/2 tsp garlic powder 1 tsp mustard powder**

How to Prepare:

Heat oven to 350.

In a food processor, grind the pork rinds. Add the eggs, onion, garlic and mustard powders and cheese. Blend well until cheese is broken down. Add the half & half. This will make a stiff, moist dough.

Drop by small spoonfuls (about the size of a quarter) onto a lined and sprayed cookie sheet, approx 3/4" apart. Bake until browned around edges and lightly browned on top, approx. 18 min. (You can kick up the heat a little, just keep an eye on the first batch for a time)

*You can use any mixture of cheeses (NOT sliced sandwich cheese). Sharp cheddar would give a stronger cheese flavor.

** You may also choose to add a few dashes of cayenne powder for an extra kick!

Hint: To control portion servings of chunk cheese, I cut the entire brick into slices before serving any of it (8oz=8 slices, 16oz=16 slices)

Cherry Tomatoes Stuffed

Serves:4 Servings,9

CarbsPerServing:3g Per Serving

Prep Time:20 Minutes

Effort:Easy

Ingredients:

16 Large Cherry Tomatoes 1 6oz Can Albacore Tuna
1 Stalk Celery - chopped fine 1/2 small onion - chopped fine
6 TBS Real Mayonaise

How to Prepare:

Slice top off each cherry tomato and core out insides. Discard the insides of the tomatoes. In a bowl, mix the tuna, mayonaise, celery and onion. Using a spoon, fill each cherry tomato with tuna mix.

CRAB DIP

Serves:8,

CarbsPerServing:4

Prep Time:15 MINUTES

Effort:Easy

Ingredients:

1 CAN OR CONTAINER OF FRESH CRAB MEAT (HIGHER QUALITY IS BETTER)
1 PKG CREAM CHEESE 2 TBSP LEMON JUICE
4 CLOVES GARLIC DICED
2 TBSP OLD BAY SEASONING
1 BUNCH DICED GREEN ONION

How to Prepare:

PUT ALL INGREDIENTS INTO A MICROWAVE SAFE BOWL OR CROCK POT. HEAT. MIX. SERVE. BETTER WHEN KEPT WARM.

cream cheese sushi

Serves:2-4

CarbsPerServing:about 3

Prep Time:10 mins

Effort:Easy

Ingredients:

8 slices dried beef 8 oz softened cream cheese
sweetener (to taste) green onions (to taste)

How to Prepare:

rinse dried beef under warm water and pat dry. mix cream cheese, chopped green onion, and sweetener. spread liberally on dried beef and roll. chill. slice each roll into 4 little "sushi" pieces. arrange on plate and garnish w/green onions.

Crunchy Cheesy Chips

Serves:you and you only

CarbsPerServing:none

Prep Time:seconds

Effort:Easy

Ingredients:

1 inch cubed cheese pieces most any variety

How to Prepare:

Arrange several pieces on a small microwaveable plate and nuke for approx 1 min, 20 seconds, on high. Time will vary depending on cheese type and oven. Cheese will flatten out, bubble and then turn crispy...yummmmmmm

Deep Fried Mushrooms

Serves:Depends on how many mushrooms you use.

CarbsPerServing:2.3 grams per half cup

Prep Time:15 minutes

Effort:Easy

Ingredients:

Original Flavored Pork Skins
Eggs Whole Fresh Mushrooms

How to Prepare:

Crush Pork Skins until fine and powdery. Add pepper to taste. Don't add salt, as the pork skins tend to have enough. Coat whole mushrooms in egg and drop in the bowl of crushed pork skins. Deep fry until golden brown

Dreamy Creamy Deviled Eggs

Serves:6

Prep Time:1 hour

Effort:Easy

Ingredients:

12 eggs heavy mayo
 canned baby shrimp, green or black olive slices for garnish paprika
 sea salt pepper

How to Prepare:

Place eggs in a large saucepan and add cold water until covered by 1". You can add salt to the water if you like. As the water starts to heat up, stir the eggs ... this will help the yolk harden in the center of the egg. Let eggs boil for 10 minutes. Take off the heat and drain ... place eggs in ice water to cool, replacing ice as it melts. Shell eggs and cut in half. Scoop out yolks into a mixing bowl. Place egg white "face" down on an absorbent paper towel. Using a fork, break up all yolks. Add heavy mayo until creamy. Add salt & pepper to taste. Using a whirr mixer (single bladed hand mixer), blend until all the lumps are gone. I use a pastry shooter to fill the egg whites with the deviled mixture. Top with baby shrimp, green or black olive rings. Whatever garnish looks good to you --or-- sprinkle with paprika.

Easy Pizza Rolls

Serves: your choice!, CarbsPerServing: depends on toppings, serving size, etc.

Prep Time: 5 minutes

Effort: Easy

Ingredients:

shredded italian cheese (mozzarella, italian blend, etc.)
 pizza sauce (low carb, Ragu pizza quick is great)
 pepperoni olives onions
 other pizza toppings of your choice

How to Prepare:

Sprinkle the cheese into a small pan and cook until edges are lightly brown and cheese has a "lacy" appearance. Top with a LITTLE (a little goes a long way!) pizza sauce and toppings of your choice. Remove from pan, roll together and ENJOY!! SOOO good & SOOO easy!

Easy Pizza

Serves: 1, CarbsPerServing: eggs are 1 carb each. Other carbs vary

according to your toppings.

Prep Time: just a few minutes

Effort: Easy

Ingredients:

- 1) 2 eggs, beaten
- 2) Pizza sauce
- 3) Pizza toppings of your choice
- 4) Pizza cheese

How to Prepare:

You need a frying pan that can also go under the broiler. Beat eggs, adding any seasonings that you would like in your "crust". I add basil and garlic powder. Pour eggs into frying pan and cook like an omelet. When the egg is solid, add pizza sauce and toppings. Place under the broiler until cheese is melted. This tastes just like real pizza!

Finger Food

Serves: 3, 1

CarbsPerServing: zero carbs.

Prep Time: none - right out of can

Effort: Easy

Ingredients:

Whole Baby Corn in a can. one can

How to Prepare:

Usually found in the Chinese section in the food store. It is virtually free with only 3g carb. dietary fiber 4g. Sugar is zero. Add to soups and salads also.

Fried Jicama Chips

Serves: One

CarbsPerServing: 6

Prep Time: 10 minutes or less

Effort: Easy

Ingredients:

1/2 of a medium Jicama
 Seasonings of choice Peanut Oil (or other oil suitable for high heat frying)

How to Prepare:

Peel and rinse 1/2 of one globe of jicama. Slice paper thin, using one of those "as seen on TV" type vegetable slicers if you can. They give you the thinnest slices. Otherwise use a very sharp knife and slice carefully and thinly. Blot excess moisture from slices. Use enough oil to cover bottom of large skillet and to cover the slices, about 1/4" deep should do it. Heat oil, but do NOT OVERHEAT. Add jicama slices in a single layer. You won't get them all done in one batch. Fry each batch until you have browning around the edges, then remove to paper towels to drain while the next batch fries.

The chips shrink considerably. While still warm sprinkle them with pepper, salt, low carb seasonings, parmesan cheese, whatever you like, but lightly.

If you make the slices thin enough and fry carefully these chips come out so delicate and crunchy. Really too delicate for dipping unless you just use a thin Ranch dip or something.

Frying Pan Pizza

Serves:depends on size of pan used,

CarbsPerServing:depends on ingredients used

Prep Time:5 minutes

Effort:Easy

Ingredients:

Mozzarella cheese Pepperoni
Mushrooms Bottled Salsa or Tomato
SauceGarlic Powder Onion Powder
Oregano Grated Parmesan cheese
(optional)

How to Prepare:

Line bottom of non-stick frying pan with pepperoni(or meat of choice). heat through and blot grease. Sprinkle desired amount of mozzarella cheese, salsa or tomato sauce, and seasonings. Heat through until Mozzarella melts its way to the bottom and browns. Slide onto plate and enjoy!

Garlic and olive spread

Serves:4,4

CarbsPerServing:3

Prep Time:3 minutes

Effort:Easy

Ingredients:

8 oz. cream cheese 12-15 green olives with pimentosdiced garlic

How to Prepare:

mix all ingredients to taste

Garlic-Pepper Parmesan Crisps

Serves:12,10

CarbsPerServing:1.6g/serving ; 19.2g total recipe

Prep Time:5 minutes

Effort:Easy

Ingredients:

12 ounces freshly grated Parmigiano-Reggiano cheese
2 teaspoons minced fresh garlic1 teaspoon freshly ground pepper

How to Prepare:

Combine all ingredients in a small bowl, stirring well. Sprinkle cheese mixture into a 1 1/2" round cookie cutter on a nonstick cookie sheet. Repeat procedure with cheese mixture, placing 16 circles on each sheet. Bake at 350 degrees for 9 to 10 minutes or until golden. Cool slightly on baking sheets. Remove to wire racks to cool completely. Repeat procedure 5 times with remaining cheese mixture. Yields 96 crisps.

Hot Wings

Serves:3-4

CarbsPerServing:About 1 carb per wing, plus your dressing and celery (depends on you)

Prep Time:1 hour or so

Effort:Easy

Ingredients:

1 bag frozen chicken wing pieces, defrosted
1 bottle Texas Pete* Buffalo Style Chicken Wing Sauce
1/2 stick butter Ranch or Bleu Cheese dressing
Celery Oil for deep frying Salt and pepper

How to Prepare:

Heat your oil in either a deep pot or a fryer to 375.Salt and pepper your wings and fry in batches (usually 5-6 pieces)until the skin is crispy and well browned (about 12 minutes). Remove from oil and drain on cookie cooling rack. Repeat until all wings are cooked. Meantime, in a saucepan, melt the butter and pour in 1/2 jar of the wing sauce. When the wings are finished, place them in a large bowl and toss with the sauce. Serve w/celery and ranch or bleu cheese dressing.

Ice Cream Cookies

CarbsPerServing:20 TOTAL over estimated for sweetner choice

Prep Time:5 mins 1 hour to freeze

Effort:Easy

Ingredients:

1 cup heavy cream 3 drops Stevia or 3 splenda packets
2 tbsp Natural Peanutbutter 4 oz Softened Cream Cheese
1 tbsp Atkins Choc Syrup (optional)

How to Prepare:

Whip cream & Sweetner with a hand beater until its like coolwhip texture. Add all the other ingredients and beat until well mixed.. taste for sweetness adjust if you want.

Using a spoon put big globs on a non stick cookie sheet or in an ice cube tray and freeze until firm pry them off cookie sheet and store frozen in a plastic bag.

They are pretty hard to get out of an ice tray i have to use a knife to get em out..lol but they come off the cookie sheets real easy..and taste like peanut butter cup ice cream! makes 20ish cookies

Im sure this would work with other flavors as well I know some folks have problems with Peanut butter

Italian Omelette

Serves:varies,8,5

CarbsPerServing:varies

Effort:Average

Ingredients:

eggs mild or hot Italian sausage (watch the carbs)

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butter mozzarella cheese
peppers of choice (red, yellow, green)
parmesan cheese

How to Prepare:

Brown sausage until no longer pink inside. Drain on paper towels. Crumble up or cut into slices. Cook peppers in same pan until tender. Set aside. Beat eggs up. Add butter to hot pan. Pour eggs in. Cook one side until you can flip the omelette over. Immediately add sausage, peppers & cheese to one side of omelette. Flip other side over top of those ingredients. Take pan off heat, put lid on pan to let cheese melt. Put on plate. Sprinkle lightly with parmesan cheese. Enjoy!

Italian Sausage Stuffed Mushrooms

Serves:6-8,

CarbsPerServing:.3 grams per mushroom

Prep Time:30 minutes

Effort:Easy

Ingredients:

18 to 20 large whole mushrooms
2 1/2 links Italian Sausage (hot or mild, skin removed)
3 cloves minced garlic
1 tsp. onion powder (optional) 3 Tbsp. Olive Oil
1/4 cup crushed Pork Rinds 1 egg 1/4 c. grated Parmesan Cheese

How to Prepare:

Remove stems from mushrooms, chop 1/2 the stems. Brown sausage, onion, garlic and chopped stems in oil. Drain well. Cool. Mix with crushed Pork Rinds, egg and Parmesan Cheese. Spoon filling into mushrooms. Bake at 350 degrees for 15 to 20 minutes. Garnish with Parmesan Cheese.

NOTE: After browning sausage, we use a chopper to chop meat fine (resembling taco meat) to make for easier stuffing. We prefer to leave the onion out for personal taste...you make the call.

Ketchup or catsup-quick and easy

Serves:10 @ 2 tbls

CarbsPerServing:5gms

Prep Time:5 mins

Effort:Easy

Ingredients:

1 small can of tomato paste 2/3 of a can of water
1/3 can of plain vinegar salt to taste
Splenda 1 or 2 to taste (you want it sweet and salty)
other seasonings can include garlic powder onion powder
allspice (use extra for a bbq sauce.) pepper
hot sauce

How to Prepare:

simply mix up all your ingredients well in a bowl. Cover and store in the refrigerator. It may get "gel like", just give it a stir. I keep a batch for 3-4 days.

It's great on burgers or in meatloaf.

Take it easy though, tomato stills has sugar carbs.

Lacy Cheese Rounds

Serves:22 (2 per person)

CarbsPerServing:0

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 package (8-ounce chunk) Monterey Jack or Colby or Cheddar
Cheese none

How to Prepare:

Preheat oven to 375*. Cut cheese chunk (5 1/2 x 2 inches) into 1/4-inch slices; cut each slice in half to make squares. Place cheese squares 2 inches apart on cookie sheet (stoneware works best). Bake 16-18 minutes or until cheese is lacy in appearance and edges are lightly browned. Cool cheese rounds 1 minute until cheese stops sizzling. Remove to cooling rack and continue baking cheese squares until all are baked. These are great crackers for eating alone or with a dip !!!

Nutty Seed Snack

CarbsPerServing:102g total

Effort:Easy

Ingredients:

1 1/2 cup almonds -- roasted & salted 3/4 cup pumpkin seeds, roasted -- roasted & salted
1/4 cup cashews -- roasted & salted 1/2 cup soy nuts -- roasted & salted
3/4 cup coconut -- unsweetened 2 tablespoons oil 1/4 cup water
4 tablespoons ThickenThin not/Sugar -- (per TBSP 4.4 g carbs 4.4gfiber, 0.1 g protein)
8 tablespoons Splenda 1/8 teaspoon salt
1/2 teaspoon vanilla 1 teaspoon cinnamon

How to Prepare:

Dissolve the splenda tablets in water & add the oil & vanilla. Mix all of the dry ingredients. Mix everything together thoroughly. Transfer to a large roasting pan with sides. Bake @ 325 degrees for about 30 minutes--stir occasionally.

Cool & store in air tight container.

Makes 6 cups

NOTES : Counts for ThickenThin not/Sugar and soy nuts not included in totals.

Parmesan Chips

Serves:3-4 servings

CarbsPerServing:0 carbs

Prep Time:0 prep time- cook time-15-30 minutes?

Effort:Easy

Ingredients:

1 cup Parmesan cheese no other ingredients

How to Prepare:

Put 1-1/2 tablespoons mounds onto a dry frying pan on stove at medium heat (place a pretty good way apart) spread out mounds to be thin and flat- may need to change to high heat -just see how it goes--let cheese brown around the edges (after about 2-3 minutes) then slip fork underneath and flip- brown other side the same-should be crispy like a chip-may need to pat dry with paper towel. will make 3-4 batches found this in the local newspaper- also- check out the Simple Fried Artichoke recipe in "Appetizer and Snacks" goes good with these chips

Peanut Butter Protein Bars

Serves:10

CarbsPerServing:10g total

Effort:Easy

Ingredients:

3 tablespoons sugarfree peanut butter
2 tablespoons butter
4 ounces cream cheese 1/4 cup artificial sweetener -- splenda
1 teaspoon vanilla
2 1/2 scoops vanilla protein powder (mine is 0 carbs)

How to Prepare:

Melt peanut butter, butter and cream cheese in microwave. Mix in Splenda and vanilla. Make sure everything is mixed well before adding protein powder. Add protein powder, 1/2 scoop at a time. You will need to use your hands towards the end. Press into a small casserole and chill until firm.
Makes 6 good size bars.

NOTES : Counts for peanut butter and protein powder not included in totals.

Pepperoni Chips

Serves:10,10,10,3,10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Place pepperoni slices on a paper towel on a plate, and nuke for about a minute- to a minute and a half, usually it will stop sizzling sound when it is done.
Let them sit a minute or two until they dry and get crispy.
Great alone, or with cream cheese, dipping, etc...

Pickle Rolls

CarbsPerServing:19g total

Effort:Easy

Ingredients:

8 ounces cream cheese -- softened
5 dill pickles -- (5 to 7)
(I suggest the refrigerated ones) 6 Slices Deli Ham (sliced just thick enough to -- (6 to 7)
spread the cream cheese on).

How to Prepare:

Spread the softened cream cheese onto one slice of ham. Lay the pickle at one end of the sliced ham. Roll it up. You may need to push some cream cheese into each end when its completely rolled. Place roll on a plate with the seam down. Repeat this until you run out of cream cheese. Refrigerate for a few hours or long enough for the cream cheese to harden. Using sharp knife and seam down, slice the roll into 1/4 inch slices. You will want to lay each round slice on a platter. This is so easy and looks great. I have served this as holiday treat for years. Everyone loves them.

NOTES : Counts for ham not included.

Pico De Gallo

CarbsPerServing:23g total

Effort:Easy

Ingredients:

3 serrano peppers 3 roma tomatoes 3 green onions 1 tsp minced garlic

How to Prepare:

Remove seed from peppers, chop all ingredients into very small pieces, mix together. Can add a dash of salt if you like. Letting this sit for a day or two in the frig enhances the flavor. I prefer the serranos over jalapenos because the serranos "heat" isn't as intense, but if you like it hot try more pepper or jalapeno.

Pigs in a Blanket 1

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 package carbolite bread mix
 (maybe the keto yeast bread would work -but I prefer carbo-lite ingredients to make bread) 40 little smokie sausages
 40 strips cheese approx 1" long by 1/4" wide
 40 strips thin jalapeno 1" long by 1/4" wide(optional)

How to Prepare:

Make bread in bread dough according to package directions either by hand or in bread machine. As soon as it's done mixing, remove and put in an oiled bowl and let rest for 20 minutes. Cut dough into 4 equal pieces, working with 1 at a time and keeping the others covered to keep from drying out. Cut dough section into 10 pieces and flatten with the heel of your hand until it's about 2"x2" square. Place a little smokie, a cheese strip and a jalapeno strip (if using) in the center and roll the dough around it, pinching the seams to seal (dampen your fingers with water if needed). Place seam side down on a cookie sheet that has been sprayed with butter flavored cooking spray. Once all the pigs are made, spray the tops with the cooking spray and place in a warm, draft free place (like an oven) to rise for 1 hour. If you notice any coming apart, pinch the seams again or else the cheese will run out as they bake. Preheat oven to 350f. Bake pigs until golden brown. Makes 40

appetizer pigs. Serve with assorted dipping sauces.

Pork Rinds (Nachos)

Serves:2,10,10,10

CarbsPerServing:5

Prep Time:3 minutes

Effort:Easy

Ingredients:

Pork Rinds Green Onions
 Cheddar Cheese Sour Cream Salsa

How to Prepare:

On a microwavable plate, spread pork rinds. Top with graded cheddar cheese. Microwave for about 20 seconds or so (until cheese melts into pork rinds). Use sour cream and/or salsa for dipping.

Potato Skins

Serves:1,10,10,10,10,10,10

CarbsPerServing:depends on how much cheese/sour cream

Prep Time:5 minutes

Effort:Easy

Ingredients:

shredded cheese of your choice (I recommend colby-jack or cheddar)
 bacon bits
 sour cream

How to Prepare:

Sprinkle the cheese into a small pan and cook until lightly brown on the edges and "lacy" in the middle (drain off extra oil if you can). Top with bacon bits and cook about 30 seconds longer. Remove from heat, top with sour cream and enjoy! These taste so much like a real potato skin if you let the cheese get pretty crispy on the bottom! Please E-mail me @ rreed21527@aol.com if you loved these or if you have a recipe to share with me! :)

Quicky Avocado Dip

Serves:one

Prep Time:1 minute

Effort:Easy

Ingredients:

1/2 Haas Cal. Avocado 1 tbsp Hellmans Mayo
 1 tbsp salsa (your choice heat) 1 tbsp cream cheese
 1 tsp shelled sunflower seeds

How to Prepare:

Mash all together and serve with 5 or 6 pork rinds. Very quick and easy and tasty.

Quick Tuna Dip

Prep Time:10 minutes

Effort:Easy

Ingredients:

2 cans tuna 8 oz cream cheese, softened
 1 tsp lemon juice 2 tsp horseradish 1/4 tsp salt
 1 tsp onion powder 1/4 tsp liquid smoke

How to Prepare:

Mix all ingredients together and form into a ball. Refrigerate.

Serve with celery, cheese slices, or low carb crackers.

Ramuki

Serves:2

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 package fresh chicken livers 1 slices thin sliced bacon

How to Prepare:

Make livers easier to handle by dropping into boiling water. Quickly remove and cool. This step can be skipped if you don't mind handling raw liver.

If livers are large, cut in half. Wrap 1/2 slice of bacon around

each piece of liver and secure with round toothpick.

Bake at 400 until bacon is crisp.

Roast Beef Roll Ups

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 slices thin sliced deli roast beef (I buy Boars Head Seasoned Roast Beef at my grocery store)mustard

How to Prepare:

Place roast beef slices flat with one edge of one slice overlapping the other slice, spread about a teaspoon of deli mustard on roast beef and then sprinkle with cheese. Roll up and place in hot skillet coated with cooking spray. brown on each side (careful this only takes a couple of minutes).

Place on plate and munch away. I have this in the afternoon with my low carb veggie.

Roasted Olives in Feta Cheese

CarbsPerServing:50g total

Effort:Easy

Ingredients:

1 cup green olives -- pimento stuffed 1 cup black olives -- Pitted
3 tablespoons Italian salad dressing
1/2 teaspoon pepper -- Coarse ground 1/2 pound Feta cheese -- drained and crumbled
24 ounces Cream Cheese 1/2 teaspoon garlic -- Chopped

How to Prepare:

Drain olives and toss with Italian salad dressing. Place olives in baking dish and roast for 25 minutes at 350 (med. hot oven) or until slightly charred. Cool and chop. In large bowl, mix and beat pepper, feta, cream cheese, garlic. Fold in olives. Line round, flat dish or pan with plastic wrap (I used a round Tupperware container) and firmly press cheese mixture into the dish. Smooth into a large cheese round. Fold ends of plastic wrap over all. Refrigerate for at least 4 hours, or until firm. Invert on plate, remove wrap and serve with wasa crackers or pepperoni chips. You can also cut into four wedges and wrap each and give as gifts.

Makes 4 cups.

Roasted Turnips and Caviar

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

4 small turnips -- peeled and sliced to make about 20 slices
olive oil salt and peppersour cream
caviar

How to Prepare:

Preheat oven to 400°F. Dip the turnip slices in the olive oil. Place on baking sheet and season lightly with salt and pepper. Bake until golden brown on bottom (about 15 minutes).

Turn over and continue baking until second sides are golden brown.

Top with a little sour cream, then a dab of caviar.

Salami Tacos

Serves:7

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Genoa Salami Cream CheeseGreen Onion (cut up)

How to Prepare:

Place a heaping amount of cream cheese in the middle of a piece of salami topped with green onion. Now...fold in half !!!

This is wonderful as an appetizer or simply a snack

Salami Wraps

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Thin-sliced hard salami Cream Cheese
CuminGreen onions Asparagus Spears (canned or blanched)

How to Prepare:

Mix cream cheese and cumin to taste. Spread on slices of salami and wrap around either a green onion spear or an asparagus spear. (Gets better if the cumin can absorb into the cream cheese overnight)

These snacks were a favorite at parties before Atkins... they just happen to work on it, too. Also, something crunchy to bite into...no spoon or fork required.

salmon croquettes

Serves:12 patties or more,7

CarbsPerServing:< 1 per patty

Prep Time:5 min.

Effort:Easy

Ingredients:

1-15 oz. can pink salmon, drained 1 egg
2 Tbs. soy flour 1/4 C green onion, minced

seasoning salt & pepper

vegetable oil

How to Prepare:

Put salmon into med. bowl. Remove big bones and any large pieces of skin. Combine well (mash) with remaining ingredients. Heat oil on med. high. Form small, thin patties 1-2 inches diameter. Fry until golden brown/crisp on both sides. Drain on paper towel. Serve with hot sauce, sour cream & green onion.

Sausage Balls

Serves:60 balls

CarbsPerServing:about 1/2 gram each ball (depends on your sausage and number of balls)

Prep Time:15 min. mix time, 1 hr forming and baking

Effort:Easy

Ingredients:

How to Prepare:

Prepare the Cheese Puff recipe and move into a bowl. Brown and crumble the sausage. Add the sausage to the cheese mixture and fold in well. Form 1" balls and place on lined, sprayed baking sheet. Bake at 350 approximately 20 minutes.

Add the cayenne! Definite kick and flavor boost there.

SEAFOOD COCKTAIL SAUCE

Serves:MAKES APPROX. 3 CUPS (ACCORDING TO

HOW THICK YOU COOK IT DOWN.)

CarbsPerServing:7 CARBS PER 1/4 CUP (ENOUGH TO DIP QUITE A FEW SHRIMP IN!)

Prep Time:HALF HOUR OR SO

Effort:Easy

Ingredients:

1/2 CUP FINELY SHREDDED HORSERADISH

1 - 10 OZ CAN TOMATOES WITH GREEN CHILIES

1 - 14.5 OZ CAN DICED TOMATOES

1 = 8 OZ CAN TOMATO SAUCE

(ALL TOMATO PRODUCTS WITHOUT ADDED SUGAR)DASH GARLIC POWDER

1/4TH CUP VINEGAR

DASH SALT

DASH OF GROUND CAYENNE (TO TASTE)

1 TBSP BROWN SUGAR TWIN

1 TBSP REGULAR SUGAR TWIN

How to Prepare:

SHRED HORSERADISH RADISH IN BLENDER WITH SOME WATER ADDED. CHOP

FINE, POUR OUT AND DRAIN IN FINE SIEVE (I USED A STRAINER)

BLEND 3 TOMATO PRODUCTS TO PUREE

POUR ALL INGREDIENTS INTO 3 QUART HEAVY SAUCEPAN, COOK OVER LOW

HEAT, STIRRING AS NEEDED TO KEEP FROM STICKING, UNTIL DESIRED

THICKNESS. PUT IN CANNING JARS AND SEALS OR OTHER CONTAINERS AND

KEEP IN FRIDGE.

Seafood Stuffed Mushrooms

Serves:4,8,8,9

CarbsPerServing:2

Prep Time:10 min

Effort:Easy

Ingredients:

canned crab meat (2 cans)

1/3 cup real mayo

1 pkg large mushrooms 2 tblspn red hot garlic chili sauce

2 tblspn olive oil

pinch basil

How to Prepare:

mix mushroom stems and all ingredients into bowl. Place all mushroom

caps on foil and drizzle w/olive oil. Fill caps with mix and grill

15 minutes. Awesome!!! We love them

Smokey Bacon Cheddar Cheese Balls

Serves:varies -nutritional info is for entire

recipe,10

CarbsPerServing:Per serving: 3477 Calories (kcal); 319g Total

Fat; (81% calories from fat); 129g Protein; 28g Carbohydrate;

9g fiber; 842mg Cholesterol; 5020mg Sodium

Prep Time:30 minutes

Effort:Easy

Ingredients:

16 ounces cream cheese

2 cups shredded cheddar cheese -- sharp or extra sharp

1/2 cup crumbled blue cheese

1/2 teaspoon liquid smoke flavoring

1/2 cup sliced green onions -- thinly sliced green only

8 slices bacon -- crisply cooked, patted dry and crumbled

1 tablespoon bacon fat

1/2 cup sunkist Bacon Cheddar Almond Accents

How to Prepare:

Bring cream cheese and blue cheese to room temperature. In a food processor combine cheeses and bacon fat well. If it seems too stiff*, add 2-3T cream to thin it out some.

Add the remaining ingredient (except almonds)and pulse to blend. Try not to break the bacon and onions up too much.

Form cheese mixture into either 60 marble sized balls or 2-3 cheese logs or balls and refrigerate until solid again(about 30 minutes).

For mini-balls, pulse almonds in a food processor until almost

ground then place 1T of the mixture in a baggie and shake 5-6 of the mini balls at a time to coat.
If making larger cheese balls or logs, crush almonds slightly to break up a bit then roll chilled cheese balls or logs to coat lightly.

Spinach Cups

Serves:8

CarbsPerServing:15g total

Effort:Easy

Ingredients:

2 egg whites -- slightly beaten
2 ounces chopped pimientos
2 whole green onions -- thinly sliced
1 teaspoon salt-free vegetable seasoning1 tablespoon grated parmesan cheese
10 1/2 ounces spinach, frozen -- defrosted and squeezed dry, chopped
1 tablespoon grated parmesan cheese

How to Prepare:

1. Spray 1 3/4" muffin tins with butter-flavored nonstick cooking spray.
2. Combine egg whites, pimientos, green onions, vegetable seasoning, pepper and 1 Tbs Parmesan cheese. Mix thoroughly with fork.
3. Add chopped spinach and blend.
4. Fill muffin tins 2/3 full with mixture. Sprinkle with 1 Tbs Parmesan cheese.
5. Bake in preheated 375f oven for 10-12 minutes.

Stadium Dip and Smoked Sausage

CarbsPerServing:23g total

Effort:Easy

Ingredients:

16 ounces smoked sausage -- halved lengthwise, sliced in thick bite size pieces
2 tablespoons dijon mustard
3 tablespoons horseradish2 cups shredded cheddar cheese
1/2 cup mayonnaise
1 cup chopped green onions

How to Prepare:

Stir-fry sausage in large non-stick skillet approximately 3 to 5 minutes. Mix remaining ingredients in microwave safe bowl. Microwave on medium power 1 minute. Stir, heat another minute or more if necessary.

Strawberry Yogurt

CarbsPerServing:12

Effort:Easy

Ingredients:

1 cup cottage cheese
2 tbs. heavy cream3 tbs. splenda(vary amt. to taste)
3 strawberries(fresh or frozen)

How to Prepare:

Combine all ingredients in blender and blend until smooth.

String Cheese Melt

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Peel back plastic wrap but keep cheese in wrapper. Zap string cheese in microwave for 15-20 seconds. Warm Pizza Cheese! Orange cheddar cheese is not packed the same way as string cheese too!

Stuffed Green Pepper Cups

CarbsPerServing:13g total

Effort:Easy

Ingredients:

1 Green Pepper
1 stalk celery
salt and pepper to taste
cooked chicken breast or canned chicken
1/4 cup chopped onion1/4 cup mayonnaise -- to 1/2

How to Prepare:

Cut off the top of the pepper. Pull out the seeds. Slice the pepper in half length wise. Mix the chicken ,sliced celery and chopped onion together with the mayonnaise. Scoop into pepper shells. This will serve two. Nice for a quick and easy lunch.

Stuffed Jalopenas

Serves:20-30 jalopena halves

CarbsPerServing:1

Prep Time:45 min. but well worth it.

Effort:Easy

Ingredients:

8 oz. cream cheese, softened
1/2 tsp. garlic salt
1/2 c. finely shredded colby cheese10-15 jalopena peppers, fresh
1 lb. bacon, cut in half lengths

How to Prepare:

Mix cheeses and garlic and set aside. Using gloves, cut jalopenas in 1/2 longwise and remove seeds. Fill with cheese mixture. Wrap with

bacon half. Place on a cookie sheet. Bake in a 350 degree preheated oven for about 25 minutes or until bacon is crispy cooked.

Stuffed mushroom

Serves:1

Prep Time:5 mins

Effort:Easy

Ingredients:

large Mushroom chives 1tbs cream cheese cheese bacon
tomato parsely

How to Prepare:

In bowl mix cream cheese, chives , cut up tomato , parsely . Then place on top of mushroom , then on top of cream cheese mix, add grated cheese, then on top of cheese add cut up bacon . Place in med oven for 20 mins .

Tastes like pizza with out base .

Stuffed Olives

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Use the lowest carb sour cream at the store, and add less than half a packet of Lipton's onion soup mix. Then take large olives and fill with the mixture. 3 olives fills you up and tastes great. You can also dip your pork rinds in it.

Stuffed Tomatoes

CarbsPerServing:16g total

Effort:Easy

Ingredients:

2 tomatoes 1 can tuna fish
1/4 cup mayonnaise -- (1/4 to 1/2)1/4 cup onion
1 stalk celery -- sliced pepper

How to Prepare:

Cut off the tops of the tomatoes. Scoop out the seeds and insides of the tomatoes with a spoon. Mix tuna with mayonaisse, onion and celery. Scoop mixture into tomato cups. Garnish with pepper.

Quick and Easy Sweet Pickles

CarbsPerServing:47g total

Effort:Easy

Ingredients:

One jar whole dill pickles (no garlic variety)
3/4 cup cider vinegar1 1/2 cups Splenda

How to Prepare:

Drain pickles well, rinse in cool water and drain again. Cover with cool water a second time and allow to sit for 15 minutes.

Remove from water and drain well.

Cut each pickle into 1/4" chunks (I use already SLICED pickles), and place back in cleaned pickle jar.

Combine vinegar and Splenda (I use equivalent in LIQUID Splenda, but I can't remember exactly how much).

Bring vinegar and Splenda to a boil. Remove from stovetop and cool 5 minutes.

Pour over pickles in jar and seal tight. Allow pickles to refrigerate a minimum of 48 hours.

Approximately 2 carbs per whole pickle.

Tangy Deviled Eggs

Serves:4 Servings,8,10

CarbsPerServing:2.1g per serving

Prep Time:30 Minutes

Effort:Average

Ingredients:

4 Jumbo Eggs - Hard Boiled 4 TBS Real Mayonaise
2 TBS Stone Ground Mustard2 TBS Sweet Dill Relish Paprika

How to Prepare:

Peel hard boiled eggs and cut each in half lengthwise. Remove yolks and place in food processor. Add mayonaise, mustard and sweet dill relish. Blend until smooth. Using a spoon, place dollops of the mixture back into the egg halves. Sprinkle with Paprika for color on top of the yolk mixture.

Toasted Spiced Walnuts

Serves:(8) 1/4 cup servings

CarbsPerServing:4

Prep Time:15 mintues

Effort:Easy

Ingredients:

2 cups walnuts 1 tablespoon Splenda
1 teaspoon sea salt 1/2 teaspoon garlic powder1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper 1 tablespoon walnut oil

How to Prepare:

Plunge walnuts into a pot of boiling water, turn off pot and let stand 2 minutes. Drain, spread walnuts on a baking sheet and toast in a 400°F oven for 10 minutes.

Measure seasonings in a small bowl and stir to combine. Heat oil in a skillet. Add toasted nuts and toss 1 minute. Add seasoning and toss until nuts are coated. cool on a paper towel.

Tofu Pizza

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

In blender mix: 1/2 block firm tofu

1 egg 1 tsp. crushed rosemarysalt to taste
1 Tbs. protein powder 1/4 cup parmesan cheese
How to Prepare:
Spread in a round 9" cake pan.

Top with:
chopped tomatoes chopped peppers

Drizzle pesto sauce over this, then add grated mozzarella black olives bacon bits

Sprinkle parmesan cheese on top.

Preheat oven to 425 and bake for 20 min. Cool 5 min. then serve. 1 serving.

Tuna Stuffin' CarbsPerServing:8g total

Effort:Easy

Ingredients:

1 package cream cheese -- softened 1 can tuna -- drained1/2 teaspoon onion powder
1 tablespoon lemon juice

How to Prepare:

Mix all together and let set a few hours for flavors to meld.
Use to stuff celery or cucumber boats or onto of Wasa crackers.

turkey puff's Serves:?,10 CarbsPerServing:?

Prep Time:?

Effort:Easy

Ingredients:

1/2 LB TURKEY, COOKED AND SHREDDED
4-6 OZ CREAM CHEESE 1/4 CUP CHEDDAR CHEESE SHREDDED SALT AND PEPPER TO TASTE

How to Prepare:

COOK AND SHREDD TURKEY, MELT CREAM CHEESE FOR ABOUT 45 SEC IN MIC,
MIX ALL TOGETHER AND ROLL INTO ABOUT 4 INCH BALLS. ENJOY, WORKS
GREAT WITH SHREDDED CHIX TOO!

Yummy Walnut-Cheese Crackers Serves:8,8,5,9 CarbsPerServing:25g total

Effort:Easy

Ingredients:

6 ounces walnuts -- approx 1 3/4 cup, chopped 1 cup grated cheddar cheese
1/2 cup parmesan cheese2 eggs salt/pepper to taste

How to Prepare:

Beat the eggs in a large mixing bowl. Add all other ingredients, stirring until well coated. Spread evenly on a baking stone or cookie pan. I spread mine thin, so they'll be more crisp like a cracker. But, you could spread it thicker if you wanted more of a bread type texture. Bake for 10-12 minutes at 375 until very bubbly. Let cool, then cut. Makes about 18 2X4 crackers, at 1.5 carbs each. Keep refrigerated. Pop one or two in the toaster oven to "crisp up", then enjoy with your favorite topping.

These "crackers" are very low carb and taste great with toppings like tuna or egg salad, or just by themselves! I eat them almost every day, and they really satisfy my cracker/bread cravings.

Yummy Meatballs Serves:Makes about 60 meatballs.

CarbsPerServing:No counts, but very small amounts.

Prep Time:15 mins to prep, but takes a bit to cook them all.

Effort:Average

Ingredients:

2 lbs lean or extra-lean ground beef. 1 lb lean ground pork
4 eggs 1 tsp salt
1 tbs pepper250 g fresh grated romano cheese. 100 g fresh grated parmesan cheese.
6 cloves garlic (crushed). olive oil.

How to Prepare:

Combine all ingredients in a bowl (use your hands, it's fun). Fry your meatballs in olive oil. Eat hot or cold.

Zucchini Pizza Serves:1,-----Select-----,10

CarbsPerServing:2

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 small zucchini
PepperoniMozzerella cheese Salsa

How to Prepare:

Slice a baby zucchini length wise into 3 or 4 slices, top with pepperoni, cheese and salsa. Heat in the microwave for about 2 minutes or until cheese starts to melt. Remove and enjoy

BEVERAGES

low carb frappachino

Serves:2

CarbsPerServing:don't know excatly but you only have whipping cream and coffee can't be much
Prep Time:10 min Effort:Easy

Ingredients:

any flavored coffee whipping cream ice and splendablender

How to Prepare:

make some flavored coffee brew it very strong more than you normally would to drink. let cool put about a cup in a blender add heavy whipping cream until it looks like a light caramel color add about a cup of ice and blend well. sweeten to taste with splenda in a bowl put about 1/4 cup of heavy whipping and 1 pkt of splenda whip till stiff , pour blended coffee into tall glass and top with whipped cream ENJOY this is for all those low carbers missing they're favorite coffee shop fixes

Something Strawberry

Serves:2

CarbsPerServing:Very Low Effort:Easy
Prep Time:10 minutes

Ingredients:

1 Cup 1% milk 1/4 Cup of Splenda6 Strawberries diced
1 Glass of Ice 1 small squirt fat free strawberry syrup

How to Prepare:

Blend in blender until ice is crushed and smooth. ENJOY!

Italian Cream Soda

Serves:1

CarbsPerServing:1 gram Effort:Easy
Prep Time:About 2 min.

Ingredients:

One Tall Glass Full of Ice
1 Table Spoon Cream or Half and HalfOne Can Club Soda Chilled if You Want
Your Choice Torani Sugar Free Syrup

How to Prepare:

Put ice into glass. Mix cream and syrup in small glass before pouring into tall glass(do this or the cream will get a weird texture.) Pour cream mixture into glas, then add club soda, mix. Ta-daa, now you have a very grubbinisque soda.

Soy Steamer

Serves:1,10,9

CarbsPerServing:<2 Effort:Easy
Prep Time:1 minute

Ingredients:

1 Cup Plain, Unsweetened Soy Milk 1 Packet Splenda

How to Prepare:

Heat the soymilk in the microwave until hot, add splenda.

Easiest Eggnog!

Serves:Variable

CarbsPerServing:Negligible

Prep Time:5 minutes Effort:Easy

Ingredients:

Keto Shake mix(French Vanilla) Heavy Whipping Cream
WaterIce Nutmeg Cinnamon
Splenda

How to Prepare:

Combine heavy whipping cream, water and ice. Blend low, add Shake mix, nutmeg, cinnamon, and Splenda to taste. For reward add a Tablespoon of Brandy!

Aspartame-free Cherry Soda

Serves:About 8 8-ounce servings,9

CarbsPerServing:Zero! Effort:Easy
Prep Time:5 min.

Ingredients:

2-liter bottle Club Soda
1 tbspc. Cherry Extract 1/4 c. bulk Splenda -OR- 9 packets Splenda

How to Prepare:

I prefer this to commercial sugar-free soda because I avoid aspartame.

Mix the Splenda and cherry extract together in a measuring cup until dissolved, adding a splash of the club soda if necessary. If you add soda, this will foam a lot until mixing is complete. Pour the mixture slowly back into the 2-liter bottle.

Italian Soda

Serves:1,10

CarbsPerServing:1 gram Effort:Easy
Prep Time:1 minute

Ingredients:

6 parts club soda
1 part Davinci's sugar free flavored syrup of your choice1 part heavy cream
Crushed ice

How to Prepare:
Fill glass with crushed ice. Add club soda. Then add syrup and cream. Stir with a straw and enjoy a sweet, sophisticated-looking drink!

Berry berry Smoothy Serves:2,8 CarbsPerServing:3-4

Prep Time:2 min Effort:Easy

Ingredients:
1 cup of any Any frozen fruit 1 cup of Ice
as much as u want of whip cream

How to Prepare:
Blend in a Blenda

Morning Java Coffee Drink Serves:One,10 Prep Time:3 Minutes

Effort:Easy

Ingredients:
Once cup of coffee
2 tbls Davinci or Torani syrup of choice
2 tbls half and half or cream
splenda (optional)Blender

How to Prepare:
Blend cup of coffee with syrup, cream and splenda if you like it a bit sweeter. Blend quick (10 sec)
Pour in coffee mug. Will have a frothy top Just like a fancy coffee shop drink. Nice alternative to boring 'ol coffee :-)

whipped tea Serves:1

Prep Time:10 minutes Effort:Easy

Ingredients:
1 cup any flavor de-caf tea 1 pack splenda
1 cup heavy cream

How to Prepare:
make and let cool 1 cup of tea add splenda. whip cream until peaks form and slowly add tea. peaks will not hold but add a thickening to the beverage.

Peppermint Patty Tea Serves:1,5

CarbsPerServing:0 Prep Time:5 minutes

Effort:Easy

Ingredients:
1 Cup water
1 Peppermint Tea bag1-2 Tbl. Atkins Chocolate syrup (to taste)
1-2 Packet(s) Artifical Sweetner (to taste)

How to Prepare:
Boil the water. Please tea bag in boiled water and steep for a minute or two. Add Chocolate syrup and sweetner to taste. Enjoy.
This recipe has NO CARBS and is a GREAT substitute on a cold winter night!

Easy Egnog Serves:2,8 CarbsPerServing:4

Prep Time:1 min. Effort:Easy

Ingredients:
1 c. egg substitute 1/3 c. Heavy cream
6-7 pckts. artfcl. swtnr. nutmeg to taste

How to Prepare:
Mix egg sub., swtnr., and nutmeg. Add heavy cream. Stir.
Note: Egg substitute is pasteurized and is safe to consume

Kahlua and Creme Coffee Serves:1,10,10,10

CarbsPerServing:3 Prep Time:5 minutes

Effort:Easy

Ingredients:
Kahlua decaf coffee 2 tbs. cream 1 packet of Splenda
Chocolate Redi-Whip

How to Prepare:
Prepare coffee. Add cream and Splenda to a mug and pour in coffee.
Add Chocolate Redi-Whip to taste.

Lemonade Iced Tea Serves:varies

CarbsPerServing:varies Effort:Easy

Ingredients:
10 regular or decaf tea bags
1 gallon of water
1 packet of unsweetened lemonade Kool-Aid (or flavor of your choice)
sweetener of choice to taste
(I use 6 packets of Sweet'N Low for the whole gallon)

How to Prepare:
Brew up a gallon of tea. Add the Kool-Aid & sweetener. Serve iced. I have used different Kool-Aid flavors such as orange & tropical punch and they were good as well.

Cinnamon Tea Serves:1

CarbsPerServing:less than 1 or zero Prep Time:2 min.

Effort:Easy

Ingredients:

8 oz. of water decaf coffee crystals cinnamon

How to Prepare:

heat 8 oz. of water add desired amount of cinnamon then add a sprinkle of decaf coffee crystals

Low-Carb Chai Tea

Serves:6,8

CarbsPerServing:<1 for the entire pot

Prep Time:as long as it takes to boil water

Effort:Easy

Ingredients:

5 cups water 1/2 cup heavy cream (unsweetened)
 1 scoop Atkins vanilla shake mix 4 decaffeinated tea bags 2 tsp. cinnamon
 1/2 tsp. ginger 1/2 tsp. allspice
 3/4 tsp. nutmeg 1-1/2 tsp. vanilla extract

How to Prepare:

Mix shake mix with 1 cup of water and set aside. In a saucepan/pot, mix all other ingredients, and bring to a boil. Once mixture has come to a FULL boil turn the heat off and briskly mix in the shake mix/water. Cover with a lid and let steep for 5 mins. Make sure that you strain this before drinking, the spices don't melt. You can adjust the spices to taste. And include other spices, such as anise, cardemom, and lemon or orange zest.

Cool and Fruity Summer Spritzer

Serves:1

CarbsPerServing:4

Effort:Easy

Ingredients:

tall glass of crushed ice
 8oz Crystal Clear brand wild cherry sparkling water(sweetened with sucralose and ace-k)
 1 slices lemon(frozen) and juice from 1/2 small lemon
 1 slice lime(frozen) and juice from 1/2 lime
 4 fresh raspberries(frozen)

How to Prepare:

Put raspberries, lime and lemon slices in the bottom of glass and top with crushed ice. Add lime and lemon juice then fill with sparkling water. Stir gently.
 For more color, add a sprig of mint:)

vannila cream coke

Serves:1,10,10,10

CarbsPerServing:n/a

Prep Time:1 minute

Effort:Easy

Ingredients:

1 can diet coke 1-2 tsp. sugar free
 vanilla syrup 1-2 tsp. whipping cream

How to Prepare:

pour in glass over ice. mix well. Tastes like a coke float!

Snicker Bar Coffee

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Add to freshly brewed coffee
 1 shot of Da Vinci sugar free Chocolate syrup 1 shot of Da Vinci Sugar free carmel syrup
 1 shot of Da Vinci Sugar free hazelnut syrup a pack splenda
 Dash of heavy cream

How to Prepare::no counts provided

blend

Easy Pina Colada Drink/Dessert

CarbsPerServing

Effort:Easy

Ingredients:

2 pineapple sugar free popsicles 1/4 cup cream 1/2 teaspoon coconut extract
 rum -- or rum extract to taste

How to Prepare:

Remove popsicles from the stick, break into pieces and place in glass. Pour cream and extracts/rum over popsicle and stir until mixture is completely combined. This will be the consistency of a frozen pina colada.
 NOTES : No count provided. The popsicles I use are 3 carbs per. variations include any other sugar free popsicle and the coconut extract and rum.
 Strawberry popsicles make a wonderful strawberry daiquiri.

Brandy Mochaccino

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 scoops chocolate keto shake mix 1 cup cold brewed decaf coffee
 1 cup chopped ice 2 tablespoons heavy cream
 1 tablespoon ground flax seed -- optional 1 capful of Brandy Extract
 1 package artificial sweetener -- optional

How to Prepare:

Blend.

Cafe Mocha

Serves:10

CarbsPerServing:7 total recipe

Effort:Easy

Ingredients:

1/3 cup heavy cream 2/3 cup water
1/2 teaspoon vanilla extract -- optional 2 teaspoons unsweetened cocoa powder
1 cup decaffeinated coffee 2 splenda packets

How to Prepare:

Brew 1 cup of decaf coffee. While it is brewing, heat water and cocoa in a pan. Whisk until smooth and until it just starts to bubble. Pour coffee in an extra large mug. Pour hot cocoa on top. Add Splenda and vanilla and stir well.

CampfireKooler

Effort:Easy

Ingredients:

1 cup cold water 1 cup crushed/slightly broken up ice cubes
1 tsp raspberry KetoKooler (powdered mix) 2-4 tbs 1/2 and 1/2...according to your taste!

How to Prepare:

Put all in the blender and blend away:
Tastes like a raspberry flavored Dairy Queene Mister Misty Float!

Cranberry Damsel

Serves:3,10,10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 ounces sugar free cranberry-flavored sparkling water
1/4 teaspoon Cranberry Blast Kool Aid drink mix -- unsweetened, powdered
1 ounce white rum
2 ounces mandarin orange-flavored sparkling water
1/4 teaspoon orange extract
1 dash lemon juice
1 packet artificial sweetener (to taste) -- (1 to 2)

How to Prepare:

Combine all ingredients in a shaker with crushed ice. Shake and serve with the ice in large stemmed glasses. (If you don't have a shaker, combine all ingredients in a blender with ice cubes and process on "pulse" until the ice cubes are crushed.

Electric Lemonade

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Blender almost full of crushed ice 3/4 tub container of Crystal Light Lemonade powder
6 oz. Vodka

How to Prepare:

Mix in blender until slushee consistency. Enjoy....be careful, they're so good they sneak up on you.

Fruity Smoothie

CarbsPerServing:7 total recipe, excluding milk

and egg protein and peach slices

Effort:Easy

Ingredients:

3 tablespoons Naturade Milk and Egg protein 3 tablespoons ricotta cheese
8 ounces water 3 packets splenda packets
1/2 teaspoon vanilla extract 4 each frozen strawberries, unsweetened
4 slices frozen peach slices, unsweetened

How to Prepare:

Put everything in a blender and blend on high until smooth and thick.

Gin Rickey

CarbsPerServing:1 total recipe

Effort:Easy

Ingredients:

1 1/2 ounces gin 1 tablespoon fresh lime juice -- (juice of 1/2 lime)
6 ounces club soda -- (or to fill)

How to Prepare:

Fill a highball glass with ice. Add gin and lime juice. Fill with club soda and stir. Garnish with a wedge of lime.

Hot Chocolate 1

CarbsPerServing:13 total recipe

Effort:Easy

Ingredients:

2 tablespoons unsweetened cocoa 2 tablespoons water
2 teaspoons vanilla 5 packages artificial sweetener

How to Prepare:

Combine cocoa, sugar substitute, and water.
Mix well, and cook over medium heat stirring constantly until it boils. Stir in vanilla. Store in refrigerator.

Add 1 tbsp. of mixture to 5 oz. heavy cream and 3 oz. water, heated.

ICED CAPPUCCINO

CarbsPerServing:4 total recipe

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Effort:Easy

Ingredients:

1 teaspoon instant coffee, decaffeinated -- (1 to 1 1/2)
-- (depending how strong you like it to taste)
4 tablespoons heavy cream 1 teaspoon vanilla
4 ice cubes 3/4 cup cold water 2 teaspoons artificial sweetener

How to Prepare:

Put everything into a blender and frappe, until ice is broken into tiny particles, and mixture is foamy.

Just Like Apple Cider

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Lipton Soothing Moments Herbal Tea bags in Cinnamon Apple
Splenda to taste

How to Prepare:

Prepare tea as directed on box. Add Splenda to taste. Enjoy!
For one cup, use one bag. For more, read box.

Tastes just like warm apple cider!

Low Carb Bailey's

CarbsPerServing:2 total recipe excluding syrup

Effort:Easy

Ingredients:

1 shot rum 1 shot low carb chocolate syrup
2 shots heavy cream

How to Prepare:

Place the rum, chocolate syrup and heavy cream in a blender and mix.
Pour over ice. It really tastes like Bailey's.

Lowcarb Pina Colada

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 Scoop Designer French Vanilla Protein Powder 1 Tablespoon DaVinci's Sugar Free Vanilla Syrup
1 teaspoon pineapple extract 1/2 teaspoon coconut extract
6 ice cubes

How to Prepare:

Mix in the blender till it is smooth and creamy. For those festive times you can add a shot of Rum. Enjoy!

McDonald's Shamrock Shake

CarbsPerServing:4 total recipe excluding syrup

Effort:Easy

Ingredients:

1/2 cup light cream 1/2 cup water
1/2 teaspoon peppermint extract 1 tablespoon DaVinci's Vanilla syrup
(0 carbs)
3 drops green food coloring

How to Prepare:

put into blender with a couple ice cubes....omg it's just like the real one!!!!

Orange Cooler

CarbsPerServing:10 total recipe

Effort:Easy

Ingredients:

1 package sugar free orange jello 2 egg whites -- beaten stiff
2 teaspoons lemon rind -- grated 1 teaspoon orange extract 2 packages artificial sweetener
4 strawberries 4 ice cube 4 lemon slices

How to Prepare:

Prepare gelatin according to package directions and cool. Beat in stiff egg whites with wire whisk. Add lemon rind, orange extract, and sweetener. Place in blender. Add strawberries and ice cubes. Blend at medium speed for 30 seconds. Pour into glasses and garnish with lemon slices.

Pina Colada (Alcoholic)

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1/2 cup ice
1 teaspoon pineapple extract 1 ounce DaVinci Gourmet Natural Coconut Syrup
1 ounce white rum

How to Prepare:

Combine all ingredients in a blender and blend on high speed until smooth and frothy.

CAKES AND PIES

3 Minute Chocolate Cake

Serves:2

CarbsPerServing:5.5g Carbs 2g Fiber 1g Sugar
Prep Time:3 minutes Effort:Easy

Ingredients:

1/4 C Soy Flour	1 T Cocoa Powder	1/4 t Baking Powder	
5 Packets Splenda	2 T Melted Butter	1 T Water	1 Egg

How to Prepare:

In 2-Cup Pyrex baking dish blend well left column (flour, cocoa, baking powder, splenda). Add water, melted butter and egg. Blend thoroughly with fork. Cover with plastic wrap (To vent, cut small slit in center of plastic wrap). Microwave on high 1 minute or until knife comes out clean. Cool a bit; eat warm with whipped cream or cool completely to ice.

Lemon Cream Pie

Serves:4

CarbsPerServing:about 7 Prep Time:30 mins to make, 3 hours chill
Effort:Average

Ingredients:

Crust:

1/2 C ground nuts (macadamias or walnuts)	2 packets Splenda
1/4 C bake mix	3 T melted butter

Filling:

1/2 Pint (8 fl oz) heavy cream	1 package sugar-free Lemon Jell-o
3/4 C water	1 packet Splenda

How to Prepare:

Crust:

Chop nuts in a food processor, or by hand. Try to get as fine a grind as possible without turning them to butter. Combine nuts, bake mix, and Splenda in a bowl. Add in melted butter and blend until you have a crumbly mixture that will hold its shape if pressed together (you may not need the entire 3 T of butter).

Grease a pie dish (7-8" works best), and pour in crust mixture. Press firmly into the bottom and sides of the pan, coming up the side about 2". Bake this in a 300 F Degree preheated oven for about 10-14 minutes, until it just barely begins to darken (careful - don't overbake). Remove from oven and cool.

Filling:

Heat 3/4 C water in a small saucepan. When boiling, add the package of Jell-o. Stir to dissolve completely, then take off heat. Chill until the Jell-o liquid is cold, but not starting to set (about 20 mins in the refrigerator).

Pour 3/4 C of heavy cream into a chilled bowl (the other 1/4 C will be whipped for a topping, but this is to be done just before serving). Beat until very stiff peaks form. Add the chilled Jell-o liquid to the whipped cream. Beat for a few seconds, just enough to fully mix. Pour the filling into the cooled pie crust and spread to form an even top. Place in the refrigerator and chill for at least 3 hours.

Just before serving, beat the remaining 1/4 C of heavy cream, adding Splenda to taste. Cut the pie into pieces and serve with a dollop of whipped cream.

Pumpkin Squares

Serves:16,10

CarbsPerServing:3.44g Prep Time:10 minutes prep plus 25 minutes bake time
Effort:Easy

Ingredients:

1 cup Atkins or Keto Pancake/Waffle Mix	1 cup Splenda
1 teaspoon baking powder	1/2 teaspoon baking soda
2 teaspoon ground cinnamon	1/2 teaspoon ground ginger
1 teaspoon ground cloves	

If you do not have these 3 spices, you can substitute (1) tablespoon of Pumpkin pie spice.

1/2 vegetable oil	1/4 cup chopped nuts(optional)
2 large eggs	1 cup canned pumpkin

Optional Cream cheese topping	4 oz. softened cream cheese
2 Tablespoons Splenda	1/2 teaspoon vanilla flavoring

How to Prepare:

Preheat oven to 350 degrees. Mix eggs, oil and sugar together well. Add pumpkin and stir again. Add remaining ingredients and blend for about 1 minute. This batter can be beaten by hand if preferred. Pour into a slightly sprayed and dusted 9x9 square pan. Bake for 22 -25 minutes or until toothpick inserted comes out clean. Allow to cool completely! For the optional topping, mix cream cheese, splenda, and

vanilla. Spread onto cooled cake. Cut into 16 squares.

Chocolate Walnut Cake with Chocolate Fudge Frosting

Serves:12

CarbsPerServing:8.45 g (2.62 g effective carbs)

Prep Time:40 minutes

Effort:Easy

Ingredients:

½ lb. walnuts ½ c. Cake-Ability ½ c. cocoa
¼ c. Splenda, granular form
2 t. vanilla extract ½ c. + 3 T. canola oil, divided
2 T. + 1 c. water, divided 3 eggs
3 oz. Steels Gourmet Chocolate Fudge Sauce

How to Prepare:

Preheat oven to 350°F. Grease a 8 or 9-inch round baking pan.

In Vita-Mixer grind walnuts to fine. Pour into mixing bowl and add Cake-Ability, cocoa, Splenda, vanilla extract, ½ c. canola oil and 2 T. water and mix until blended. In a bowl combine eggs with remaining water and canola oil and beat briefly. Slowly pour into mixer bowl slowly while it is on mixing at medium speed. Blend until smooth. Pour into prepared baking pan and bake for 25 minutes, or until knife inserted in center of cake comes out clean.

Remove from oven. Allow cake to cool completely in the pan, then remove and put on plate. Frost top of cake with Steel's Gourmet Chocolate Fudge Sauce.

Impossible Coconut Pie

Serves:8 generous servings

CarbsPerServing:not available

Prep Time:15 min. or so

Effort:Easy

Ingredients:

4 large eggs 1 cup heavy cream
1 cup water 3 tsp. vanilla
4 T. butter 1/2 C. almond flour 3/4 C. Splenda 1 C. coconut (unsweetened)

How to Prepare:

Place all ingredients into a large bowl. Blend until well combined. Pour into a greased (I used Pam), 9" pie dish and bake at 350 degrees for approx. 1 hour or until set well.

Tastes amazingly like rice pudding! Really nice :-)

Unbelievable Pecan Pie

Serves:8 decent size servings.,9

CarbsPerServing:not sure, but none (effective) in syrup, very few in the rest. Not good at math.

Prep Time:less than half an hour.

Effort:Easy

Ingredients:

1 1/2 cups almond flour, 1/half stick melted butter, for crust
3 beaten eggs, 1 cup Splenda, 1 tsp. vanilla, 2 tbls. melted butter, 1 cup STEEL'S SUGAR FREE COUNTRY SYRUP, 1 1/2 cups pecans.

How to Prepare:

for crust..add almond flour to butter, mix. Press into 8 or 9" pie plate. Refidgerate. Beat eggs, add Splenda. Beat. Then add vanilla, butter and syrup. Mix well, then add pecans. Bake at 350* for about 45 minutes.

Apple Cake

Serves:16 slices

CarbsPerServing:6g (3g fiber)

Effort:Easy

Ingredients:

1 cup boiling water (240ml)
2 apple-flavored herbal tea bags - optional
1 apple
2 tablespoons lemon juice (30ml)
1/2 teaspoon ground cinnamon
2 teaspoons sugar equivalent
1/2 cup Wise CHOice Cake-ability Baking Aid (50g)
1/2 pound ground pecans (225g or about 2 cups)
pinch salt
3/4 cup sugar equivalent (equivalent to 150g)
3 eggs
3 tablespoons oil (45ml)
2 teaspoons allspice or apple pie spice
1/4 cup walnut pieces (30g) - optional

How to Prepare:

1. Optional: prepare apple tea concentrate and allow to cool.

Otherwise,
just use plain water in Step 6.

2. Peel apple, slice thin, and then cut part into thin slices, the rest into a small dice. Sprinkle with lemon juice, cinnamon, and sweetener.

3. Grease tube pan and arrange apple slices in an attractive

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pattern.
Optional: if the pan is microwave safe, partly cook the apple slices
--
this will help them stay in place when batter is added.

4. Also cook the diced apple briefly in microwave or on stove to make the apple pieces tender.

5. Mix (or grind) together, breaking up any lumps: CBA, ground nuts, sweetener equal (if dry -- or add liquid sweetener in Step 3), pinch salt.
The finer the nuts are ground, the finer the cake.

6. Combine liquid ingredients.

7. Stir liquid and dry ingredients together until thoroughly wet -- no need to beat!

8. Immediately pour into prepared pan. Swirl in apple pieces and optional walnuts. Microwave (around 7 minutes), preferably raised above the floor of the oven (an upside-down glass pie plate works well), or bake at 350°F (175°C) -- loaf pans 40-50 minutes, round pans 25-35 minutes, cupcakes/muffins 15-25 minutes -- or until center springs back.

9. Invert to serve.

NOTES:

- Use any combination of fruit and spices.

- Save the fruit carbs and get the fruit flavor from a commercial flavoring.

- Use apple or spice herb tea instead of water.

Fluffy Cream Cheese Frosting

Serves:15

CarbsPerServing:1.2

Prep Time:0

Effort:Easy

Ingredients:

1 pound softened cream cheese
1/2 tsp liquid splenda

2 tbl xanthan gum 1/2 stick softened butter

How to Prepare:

beat cream cheese & butter together, sprinkle on xanthan gum very slowly as you are beating it. Spread on cake...especially my zucchini cake recipe.

Yellow Angel Food Cake

Serves:3

CarbsPerServing:30g carbs total

Effort:Easy

Ingredients:

1/4 cup soy flour

2/3 cup artificial sweetener

4 egg yolks

6 egg whites 1 teaspoon cream of tartar

1/4 teaspoon salt

1 teaspoon vanilla

3 tablespoons water

How to Prepare:

Preheat oven to 300°F. Spray a bundt pan with cooking spray very well. Whip egg whites with cream of tartar until stiff peaks form. In another bowl mix the other ingredients with just enough water to form a batter. Fold batter in the egg whites then pour into pan. Bake on 275 for 1 & 1/2 hours. Don't let it get too brown.

Suisse Buttercream Frosting

CarbsPerServing:28g carbs total

Effort:Easy

Ingredients:

1 cup egg substitute

3/4 cup artificial sweetener

1/4 teaspoon cream of tartar 1 teaspoon vanilla extract

1 1/2 cups unsalted butter -- softened

How to Prepare:

In a large bowl, beat softened butter until creamy Beat the egg substitute and cream of tartar on high speed, gradually adding Splenda as you beat, until you have soft peaks.
Add the meringue in large dollops to the butter and beat until smooth and creamy. Add paste colouring to your liking.

Strawberry Pie

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

no itemized ingredientsno itemized ingredients

How to Prepare:

Wash fresh strawberries, slice, add splenda and vanilla to your likings, and let marinate. Beat 2 or 3 eggs whites with a little cream of tartar, splenda and a dash of vanilla. Beat until stiff peaks form. Line a pie plate with butter and place egg whites in pan to form a crust. cook on very low heat-300 until golden

brown. Let crust cool completely in oven. pour strawberry mixture in crust and make whipped cream with a little splenda and vanilla. Pour over or pipe onto pie. It's really yummy.

Sponge Cake w/Lemony Cream Cheese Frosting

CarbsPerServing:35g carbs total

Effort:Easy

Ingredients:

5 jumbo eggs -- separated	1 dash cream of tartar
7 packets sweetener	2 tablespoons vanilla extract
2 teaspoons grated lemon peel	2 tablespoons lemon juice
4 tablespoons Atkins Bake Mix	4 tablespoons heavy creamFrosting
3 ounces cream cheese -- room temperature	3 tablespoons heavy cream
1 tablespoon butter -- room temperature	4 packets sweetener
1/2 teaspoon vanilla	1 tablespoon lemon juice

How to Prepare:

Preheat oven to 325f. Spray a 9" square cake pan with butter flavor cooking spray. Beat egg whites until stiff with cream of tartar. In another bowl, beat remaining cake ingredients until smooth. Pour over beaten whites and gently fold in, being careful not to break the whites down too much. Bake in a 325f oven for approx 30 minutes or until browned all over on top and puffy. Remove from oven and let cool to room temperature.(cake will fall in the center). To make frosting, beat room temp butter and cream cheese until smooth. Add remaining ingredients and beat well. Spread over cooled cake.

Spice & Nut Cake

CarbsPerServing:79g carbs total

Effort:Easy

Ingredients:

Cake

1 1/2 cups zero carb soy protein isolate	1/2 cup flax meal
1/4 cup wheat gluten	4 teaspoons baking soda
1/2 teaspoon salt	2 tablespoons cinnamon
1 tablespoon vanilla extract	1/2 cup oil
2 eggs -- unbeaten	1/2 cup chopped walnuts
2 tablespoons heavy cream	1/2 cup artificial sweetener
4 teaspoons liquid saccharin	

Cream Cheese Frosting

8 ounces cream cheese -- softened	1 stick butter -- softened
1/2 cup artificial sweetener	4 teaspoons liquid saccharin
2 tablespoons vanilla extract	1 teaspoon cinnamon

How to Prepare:

Preheat oven to 350.

Mix all cake ingredients together by hand, this comes out very thick, gloppy & sticky.

In a extra large cake pan (if you dont have a large pan use 2 or 3 smaller pans), place parchment paper and spray with Pam, put mixture into pan and spread out so it is no more than 1/3" thick (if it is too thick it doesn't taste right) it will puff up to over 1/2 thick.

Bake at 350% for 25-40 minutes (depending on altitude) until knife comes out clean. Cut into 1" square pieces (this is very rich), makes about 25-30 servings.

Frost with Cream cheese frosting.

Frosting: cream all frosting ingredients together, add more sweetener or extract to your taste, and spread on top of warm cake and allow to cool.

Quick Pie Crust

CarbsPerServing:8g carbs total

Effort:Easy

Ingredients:

1/4 cup Atkins Bake Mix	1/2 cup pecan meal	1/4 cup unsweetened
coconut meat	1/4 cup butter -- melted	

How to Prepare:

Combine ingredients and mix well. Press into pie plate. bake at 350degrees F for 10 minutes. Fill with your favorite filling. Mine is sugar free lemon jello with 8 oz of cream cheese blended in NOTES : Counts for pecan meal not included in totals

POUND CAKE

CarbsPerServing:44g carbs total

Effort:Easy

Ingredients:

1/3 cup oat flour
1/2 cup atkins bake mix
1/2 cup macadamia meal --
or 1/4 cup ground fine
(about 1.5oz) - 7g
3 eggs -- jumbo *see Note -
3g

1/4 cup heavy cream
 2 tablespoons vanilla
 extract10 splenda tablets -- tablets
 .5g *see note
 1/2 teaspoon stevia -- 0g -
 *see note
 1/2 teaspoon saccharin --
 liquid *see Note
 1 stick butter -- melted
 1/2 cup sour cream
 1 tablespoon baking
 powder

How to Prepare:

1. Melt butter and beat in eggs, cream, vanilla and sweeteners. (**I'm guessing this totals about 1 cup sugar equivalent if you use another sweetener other than the splenda, stevia, saccharin combo - add the carbs to the totals, please Beat in sour cream and mix until smooth, then add dry ingredients and beat for 2 minutes Pour into a greased large loaf pan and bake for 45 minutes to 1 hour(very dense - give it time to cook even if the top gets really brown).Let cool before inverting on a plate. This is a very moist, cake like finished product.

2. **Notes: I would try this and beat the egg whites separately with 1/4 tsp cream of tartar, then fold them into the batter once it's time to pour into the pan. It rose quite a bit, but fell in the center and the beaten whites may help lighten it up.

3. Glaze if desired: Mix 2T softened cream cheese, 2T cream and 2T sour cream with 2pkt sweetener and 1/2 tsp vanilla extract until smooth. Drizzle over cooled cake NOTES : Counts for stevia, splenda tablets and macadamia meal not included in totals

PIE CRUST CarbsPerServing:15g carbs total Effort:Easy

Ingredients:

1 1/4 cups protein powder 1 teaspoon artificial
 sweetener 1 teaspoon xanthan gum1/2 teaspoon salt substitute
 1/2 cup oil -- (I used canola) 4 tablespoons heavy cream

How to Prepare:

Mix the above ingredients right in your pie tin. Press out and bake as normal (I backed empty shell, in which case you want to "prick" the bottom with a fork first. It only took a little over 5 minutes at 450 degrees) I think it will bake faster than a regular flour crust, so be sure to watch it.

Peanut Butter Cupcakes Serves:6,5
 CarbsPerServing:3.8g Effort:Easy

Ingredients:

8 ounces Cream Cheese 1 egg 1 1/2 teaspoons Vanilla
 1/4 cup peanut butter4 splenda packets -- (4 to 5)
 cupcake baking cups/papers 1 dash sugar free chocolate
 and/or caramel espresso syrup (Optional)

How to Prepare:

Mix all ingredients together well (approximately 5 minutes). Distribute evenly into 6 cupcakes. Bake at 325* for 40-50 minutes until golden brown. Let cool completely, and keep refrigerated.

Its So Good Tirimisu Serves:1
 CarbsPerServing:34g carbs total Effort:Easy

Ingredients:

16 ounces mascarpone cheese -- bel-gio-oso brand is best
 3 Eggs 2 shots decaf espresso or strong coffee1 teaspoon vanilla
 1/2 cup artificial sweetener -- equal is ok, it's no bake
 OPTIONAL - about 24 vanilla wafers -- keebler's has the lowest carbs

How to Prepare:

Separate the egg yolks from the whites. In one bowl, beat egg yolks, sweetener, 1 TBSP espresso, and vanilla for 2-3 minutes. Add this mixture to the marscapone cheese and beat until smooth, but do not over-beat! In another bowl, beat the egg whites until stiff peaks form. Gently fold the egg whites into the marscapone mixture. If you want a crust, line the bottom of a pie or bread pan with the wafers and drizzle espresso over them lightly. If not, just put the mixture into the pie or bread pan, sprinkle cocoa powder or cinnamon on top if desired. Refrigerate for 3-4 hours. This will knock your socks off!!! Your friends who eat sugar will clean the plate, too, and it's very simple to make. NOTES : Counts for espresso not included in totals.

Low Carb Icing CarbsPerServing:no counts provided Effort:Easy

Ingredients:

1 package (8 oz.) of Cream Cheese
1 tbsp of Vanilla Extract 4 packages of Splenda brand sweetner

How to Prepare:

Directions: Mix all ingredients in mixing bowl and mash together mixing well. May heat in microwave for 30 sec for more effective mixing. Spread on cake.

Low-carb Cakey Brownies

CarbsPerServing:38g carbs total

Effort:Easy

Ingredients:

2 ounces unsweetened baking chocolate
1/2 cup butter -- (1 stick) 1/2 cup splenda -- to taste
2 eggs 1/3 cup atkins bake mix 1/8 teaspoon salt
1 teaspoon vanilla extract -- sugar free

How to Prepare:

Carefully melt chocolate with butter together - do not let chocolate boil or burn! Pour into mixing bowl. Add Splenda gradually (taste to desired sweetness) and beat well. Add eggs and beat well. Add bake mix and salt and beat well. Add Vanilla and mix in. Pour into greased 8" X 8" pan (you will need to spread it evenly into the pan) and bake at 325 degrees for 20-25 minutes. Check for doneness with a toothpick and if clean, remove from oven. If slightly underdone they will be more chewy. Let cool in the pan and cut into 16 pieces.

Light'n Fruity Pie

CarbsPerServing:57g carbs total

Effort:Easy

Ingredients:

1 sugar free jello (any flavor) -- (3oz.) 2/3 cup boiling water 2 Cups ice cubes
8 ounces Cool Whip

How to Prepare:

(1) Dissolve sf jello completely in boiling water stirring about 3 mins. Add ice cubes and stir until sf jello is thickened about 2 to 3 mins. Remove any unmelted ice.

(2) Using wire whisk, blend in Cool Whip; then whip until smooth.

(3) Fold in a cup of strawberries if desired and spoon into a 9 inch pie plate. Chill 3 hours or overnight.

Key Lime Pie 2

CarbsPerServing:4g carbs total

Effort:Easy

Ingredients:

1 box gelatin powder with aspartame -- (sugar free Jell-O) prepared 1 tablespoon Cool Whip

How to Prepare:

Pour prepared Jell-O into blender. Add cool whip and blend for 3 minutes. Pour into 4 wine glasses and let jell.

It is great! Make others like peaches and cream, strawberry short cake, orange cream pie etc.

Chocolate French Silk Pie

Serves:8,10

CarbsPerServing:5g

Effort:Easy

Ingredients:

1 cup heavy cream -- whipped 3 tablespoons unsweetened cocoa
3/4 cup artificial sweetener 1 teaspoon vanilla 8 ounces cream cheese

How to Prepare:

Mix until velvety smooth, refrigerate. 8 servings

Flourless Chocolate Cake

Serves:2

CarbsPerServing:63g carbs total

Effort:Easy

Ingredients:

4 ounces unsweetened baking chocolate squares
1/2 cup butter 1/2 cup unsweetened
cocoa powder 3 large eggs 1/4 cup Splenda
30 drops Sweet 'n' Low 3 tablespoons coffee -- strong, liqueur or extract

How to Prepare:

Preheat oven to 325. Butter an 8 inch cake pan. Line the bottom of the pan with parchment paper or wax paper. Butter the paper. Lightly dust pan with flour. You can use soy flour here or sifted bake mix. Bang out excess dusting.

Melt chocolate squares and butter in microwave. Mix Cocoa, Splenda eggs and Sweet 'n' Low. Add the coffee/liqueur/extract whichever you choose. Whisk in the chocolate mixture. Now it will have a cookie dough type consistency. Spread it into the pan and bake for 35 minutes or until a tester

comes out clean. Cool in the pan for 1 hour.

Turn out, peel off the paper and refrigerate until cold.
Now you can make a Grenache from sugar free chocolate chips, or make from 1 oz chocolate and cream and sweetener or you can make raspberry sauce, or use raspberry syrup over this. Be creative. Serve with whipped cream perhaps. But remember to add the carbs for toppings.
NOTES : Counts for Sweet 'n' Low not included in totals.

Flax Brownie-Cake

CarbsPerServing:34g carbs total

Effort:Easy

Ingredients:

1 cup flax meal 3/4 cup water
2 eggs 3 tablespoons splenda 1 tablespoon vanilla 1/4 cup butter

How to Prepare:

Mix everything in a mixing bowl until well mixed. Pour contents evenly over baking sheet. Bake at about 375 for 10-15 min.

Desperation Coffee Cake

Serves:2

CarbsPerServing:40g carbs total

Effort:Easy

Ingredients:

2 Dr. Atkins almond brownie Advantage bars
1/4 cup unsalted butter -- softened 2/3 cup artificial sweetener
1 tablespoon artificial sweetener 2 eggs
1 cup atkins bake mix 4 scoops Dr. Atkins Cappuchino Shake mix
1 teaspoon baking powder 1/2 teaspoon salt
1/2 cup canola oil 1 cup coffee -- cold
2 ounces macadamia nuts -- chopped

How to Prepare:

Crumble Advantage bars completely with knives or pastry cutter and press into bottom of buttered 9x9 pan. Cream butter and 2/3 cup Splenda. Add eggs and try to incorporate - this will look a little funny but don't sweat it. Add coffee and oil and stir briefly. Now it really looks gross, but keep going! In a separate bowl, sift together the bake and shake mixes with salt and baking powder. Add to liquid mix, stir by hand just till it comes together, and spread over Advantage bar crust. Sprinkle chopped nuts and additional Splenda over the top. Bake at 375 about 30-35 minutes until a toothpick, blah, blah. (350 in a glass pan)

NOTES : Counts for

Advantage Bars and Shake Mix not included - adjust accordingly

Cream Cheese Icing

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

1/2 cup cream cheese 1/2 teaspoon vanilla 1/4 cup artificial sweetener
-- add more to taste

How to Prepare:

Place all three ingredients in small mixing bowl and mix by hand until cream cheese is soft and all ingredients are mixed together well. The amount of sweetener and vanilla used is a matter of personal taste.

Cream Cheese Frosting

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

4 ounces cream cheese 1/2 teaspoon vanilla 1/4 cup artificial sweetener
-- to taste

How to Prepare:

Place all three ingredients in small mixing bowl and mix by hand until cream cheese is soft and all ingredients are mixed together well. The amount of sweetener and vanilla used is a matter of personal taste- Try adding half butter; keeps the carbs down & still great
- Sometimes I add a little sour cream to soften it up a bit

Chocolate Mousse Cake

Serves:10,10,10

CarbsPerServing:5g carbs total

Effort:Easy

Ingredients:

1 Bar Carbolite Dark Chocolate (1.75 oz)
1/4 cup butter 2 tablespoons splenda 2 tablespoons half and half
1/4 teaspoon Vanilla Extract 1 Egg

How to Prepare:

Preheat oven to 350 degrees. In heavy saucepan over low heat, add chocolate, butter, splenda, half and half, and vanilla. Stir frequently until melted and smooth. In medium bowl lightly beat egg. Slowly beat warm chocolate mixture into egg until blended. Pour batter into small baking dish. Bake for 45 minutes or until toothpick inserted 1 inch from edge comes out clean. Enjoy!

NOTES : Counts for carbolite dark chocolate not included in totals.

Cafe Au Lait Pie

CarbsPerServing:90g carbs total

Effort:Easy

Ingredients:

1/2 cup coffee -- strong 1/2 can condensed milk,
sweetened -- Eagle Brand 1 cup whipping cream
pecans 1 meringue pie shell

How to Prepare:

Blend coffee into condensed milk. Whip cream; fold into coffee mixture. Pour into meringue shell; garnish with pecans. Chill or freeze until firm.

This pie is so rich, so easy, and so good! If you prefer, you can serve the filling in parfait dishes, topped with pecans, rather than in a pie. You can also add 1/4 cup of chopped pecans to the filling.

NOTES : Counts for meringue pie shell and pecans not included in totals.

AngelFood Cake

CarbsPerServing:28g carbs total

Effort:Easy

Ingredients:

1 cup protein powder -- vanilla, sifted 2 teaspoons baking powder -- sifted
1/8 teaspoon salt -- sifted 1/2 teaspoon cream of tartar
5 large eggs -- separated 2 teaspoons vanilla extract
1 tablespoon lemon peel -- finely grated 1 teaspoon lemon extract
1/4 cup water 10 packages artificial sweetener -- (glaze:)
2 ounces heavy cream 2 tablespoons butter
1 teaspoon vanilla extract -- or lemon extract 3 ounces cream cheese

How to Prepare:

Preheat oven to 300f. Spray a bundt pan with cooking spray very well. Sift protein powder, baking powder and salt and set aside. In a large bowl, beat egg whites with cream of tartar until stiff. In another bowl, beat egg yolks, artificial sweetener, extracts and lemon peel. Beat in water and cream, then beat in dry ingredients. Fold into whites very carefully, then spoon into prepared bundt pan. Bake for 45 minutes, then let cool 10 minutes before inverting and removing (this is the tricky part - just do your best). For the frosting: Beat the cream, butter, cream cheese and extracts well. If this is too thick, add more cream, 1 T at a time. Drizzle over cooled cake. I found this to make 12-15 servings in a standard bundt pan

Amazing Tiramisu

Serves:12,10,1

CarbsPerServing:10g

Effort:Easy

Ingredients:

5 egg yolks 16 ounces marscapone cheese -- (Bel-Gio-Oso brand is best. Some of the other brands don't set up as well)
1/8 cup artificial sweetener -- or equivalent, sweeten to taste.
2 teaspoons vanilla
1/8 cup espresso coffee -- or extremely strong coffee (can be decaf)
24 vanilla wafer cookies -- (Keeblers brand has fewest carbs)
2 teaspoons cocoa powder -- (optional - cinnamon or little peels of unsweetened chocolate make good garnishes as well) Whipping cream -- (also optional)

How to Prepare:

Brew the espresso or very strong coffee. Pour in a cup. Put in the freezer to cool. Mix together the eggs, sugar, mascarpone cheese and vanilla, until very smooth. Set aside. Line the bottom of a 12" springform pan with one layer of vanilla wafers (about 24). When the coffee is cool, spoon the coffee onto the wafers, just enough to flavor them but not make them disintegrate (a very fine line). Spoon the cheese mixture onto the wafers, smooth with the back of a metal spoon. Refrigerate for 4 hours. When ready to serve, top the tiramisu with a thin layer of cocoa powder. Garnish with whipped cream and serve. Serves 12. Also try mixing in a bit of the espresso into the cheese mixture

NOTES : My friends had no idea it was sugar-free, this is a MUST try!!!

Keto Chocolate Cake w/vanilla icing

Serves:20

CarbsPerServing:5g

Effort:Easy

Ingredients:

Cake:
8 x 8 cake pan cup butter or Betta Butta
cup half-n-half or heavy cream 22 oz of water
1 Keto Bread 1 Keto Cookie and Brownie
Icing:
1 package (8 oz.) of Cream Cheese 1 tbsp of Vanilla Extract
4 packages of Splenda brand sweetener

How to Prepare:

Cake Directions: Preheat oven to 350. Grease cake pan. Mix dry ingredients. Then mix liquid ingredients. Combine and mix thoroughly but quickly then pour into greased 8 x 8 cake pan. Cook for 50-60 minutes until well done. Allow * hour time to cool, then spread on icing. (below) Cut into 20 pieces. Icing Directions: Mix all ingredients in mixing bowl and mash together mixing well. May heat in microwave for 30 sec for more effective mixing. Spread on cake.

LC Cool 'n Easy Pie CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

FILLING

1 pkg. (4 serv. size) sugar free jello, any red flavor

2/3 c. boiling water 1/2 c. cold water

ice cubes 1 to 1-1/2 c. whipping cream

2-3 packets artificial sweetener

PIE SHELL

1 c. ground walnuts (or nut of choice)

2 packets artificial sweetener

3 T. butter, melted

How to Prepare:

PREPARE PIE SHELL: Melt butter in small bowl. Add ground nuts and sweetener. Mix well. Press firmly into bottom and up sides of 8" pie plate. Refrigerate until firm.

PREPARE FILLING: Whip cream and sweetener on high speed of mixer until

whipped. (You want 8 oz. of whipped cream.) Set aside. Stir boiling water

into jello in large bowl. Stir at least 2 minutes until jello is completely

dissolved. Mix cold water and ice to measure 1 cup. Add to jello, stirring

until slightly thickened. Remove any remaining ice. Stir in whipped cream

with wire whisk until smooth. Refrigerate 15-20 minutes or until mixture is

very thick and will mound. Spoon into nut crust. Refrigerate 4 hours or

overnight. Garnish with additional whipped cream and chopped nuts if desired. Store leftover pie in refrigerator. Serves 8.

DESSERTS

New York Cheese Cake Serves:12

Prep Time:20 prep/ 1 hr cook 8 hrs chill

Effort:Easy

Ingredients:

Crumb Crust

1 1/2 cups Crushed Low Carb Cinnamon Nutrageous Granola (by expert foods) Net 3 carbs per 1/2 cup. 5 Tbsp. Butter

1/3 cup Splenda 1/8 tsp salt

Filling

2 lbs cream cheese 1 c.splenda

1 tsp Vanilla extract 1 tsp Lemon juice 4 eggs

How to Prepare:

Crust

For the crust, stir together crust ingredients and press onto the bottom of the spring pan and 1 inch up the sides of a buttered 24 cm.spring pan. Fill immediately or chill up to 2 hours.

Preheat the oven to 325 degrees.

Filling: use your mixer on the lowest speed. beat the cream cheese no more than 30 seconds stop the bowl and scrape the beaters. Add the sugar in a stream, mixing no more than 30 seconds. Stop and scrape. Add Vanilla, lemon juice and one egg at a time mix only until each egg is absorbed no more than 30 seconds at a time. Stop and scrape after each addition.

Wrap aluminum foil around the bottom of the springform pan so that is at least 1 inch up the sides place the pan in a roasting pan and pour warm water into the pan to a depth of 1/2 inch.

Bake for 60 minutes or until lightly colored and firm except for the very center.

Remove from the pan of hot water.

Remove the foil and cool completely on a rack. Wrap the cheese cake in plastic or foil and chill overnight before unmolding..

Root Beer Float

Serves:1

CarbsPerServing:1

Prep Time:30 seconds

Effort:Easy

Ingredients:

1 4oz cup Atkins Vanilla Ice Cream 12 oz can A&W Diet Root Beer

How to Prepare:

Open Ice Cream and place in tall glass, pour in Root Beer, enjoy

Butterscotch Peanut Butter Pudding Mousse

CarbsPerServing:4-6

Serves:Serves 6

Prep Time:5 minutes

Effort:Easy

Ingredients:

3 oz. cream cheese, softened

3 Tbsp. SF peanut butter

½ cup heavy cream

1 cup water

1 package instant SF butterscotch pudding

How to Prepare:

Mix cream cheese & peanut butter together until smooth. Add cream, water and dry pudding mix. Mix until smooth. (Could be made with chocolate pudding also).

Carb count depends on carbs in peanut butter.

Add cream, water and dry pudding mix. Mix until smooth. (Could be made with chocolate pudding also).

Raspberry Pudding

Serves:1

CarbsPerServing:5

Prep Time:2 minutes

Effort:Easy

Ingredients:

4 oz. cream cheese1 Tbs. Davinci Sugar-free Vanilla Syrup1 Tbs.

sugar free Raspberry jelly

How to Prepare:

Soften cream cheese for 30 seconds in microwave.Remove and add syrup and jelly; stir.

versatile pie

Serves:6

CarbsPerServing:not sure but not more than 10

Prep Time:10

Effort:Easy

Ingredients:

crust:1 1/2 cups pecan meal1/2 stick of butter6 pkgs of sugar substitute.mix and press into a pie plate. Use a foil pan to press into a glass plate bake 10 min at 350. flavoring of choice2 8oz pkgs of cream cheese softened1 12 oz of cool whip9 pkgs of sugar substitute. whip together.flavoring of choice. put into crust and cool then slice and freeze.at serving thinly slice 1 strawberry heat one min in microwave and sprinkle with sugar sub. and put on top of a piece of pie.This pie works for peanutbutter(1/2C) works for lemon,vanilla, coconut.

Blondies

Serves:12

CarbsPerServing:32g total

Prep Time:10 min

Effort:Easy

Ingredients:

8 tbs butter

1 cup sweetner

2 tsp vanilla2 eggs

1 tsp almond extract

1 tbs lemon juice

1/2 cup atkins bake mix

How to Prepare:

mix softened butter, sweetner, and vanilla

add eggs one at a time

add almond ex. and lemon juice. Stir in bake mix

pour in greased pan and bake at 350 for 30 min. also makes a dozen

mini muffins (bake 20 mins for mini muffins)

Easy 1 Carb Jello/Mouse Dessert

Serves:9

CarbsPerServing:1.2

Prep Time:10 minutes

Effort:Easy

Ingredients:

1 Envleope Unflavored Gelatine

1/4 Cup of Splenda

1/4 SF Cup of Vanilla Syrup

8 Ounce Cream Cheese

One Small Box of SF Lime Jello

One Small Box of SF Strawberry Jello

There are about 6 carbs in the splenda and 4 carbs in the cream cheese. The entire dessert comes to 10 carbs.

How to Prepare:

First make up your lime jello and start cooling in the fridge.

In another bowl mix your cream cheese, splenda & vanilla syrup. In a

saucepan boil your water and add non flavored gelatine. Pour the non

flavored gelatine into your cream cheese mixture ... mix well and

pour all of these ingredients into your lime jello. Let cool in

refridgerator for at least 2 hours. Then make your strawberry jello

..... let cool and pour it on top of your lime/cream cheese mixture

..... let cool in refridgerator.

Easy Chocolate Mousse

Serves:6-8

CarbsPerServing:look on the 2 ingredients:)

Prep Time:10 mins or less

Effort:Easy

Ingredients:

1 package sugar free chocolate pudding mix

(get brand with the lowest carbs)1 pint HEAVY whipping cream

(keep it as cold as possible)

How to Prepare:

Get a large metal mixing bowl and fill it with one layer of ice

Put a 2nd smaller metal mixing bowl in in the ice bowl and let it

get super cold

Put pudding mix in smaller bowl, and slowly add whipping cream to it, beating with an electric mixer until its all added in. The longer you mix it, the smoother and moussier(?) it becomes.

I have done it with super-cold whipping cream and a refrigerated mixing bowl and it works, but for the best effect use the ice bowl method. Portion it into small tea cups or whatever (it should make 6-8 servings) and top with a dollop of sugar-free cool whip if you want, just before eating.

Delicious!

Chocolate Macadamia Nut Cheesecake

Serves:Serves 8

CarbsPerServing:Approx. 2.6 to 3.0 carbs per slice

Prep Time:10-15 mins--minus time for cream cheese to soften

Effort:Easy

Ingredients:

1 8 Oz pk cream cheese 1 egg
1 cup sour cream 1/3 cup (each) of 3 artificial sweeteners.
1/2 cup macadamia nuts unsalted 4 ozs. pre-melted unsweetened chocolate.
Pam spray.

How to Prepare:

Cream cheese needs to be softened (set out about 2 hrs). Add sour cream, sweeteners, egg and pre-melted chocolate in medium bowl and blend with hand mixer. Add softened cream cheese. Blend well. Add nuts. Pour into pie pan that has been sprayed with Pam spray. Cook in 325 degree oven for 1/2 hr. Turn off the oven and let set in oven for 45 mins. Take out and cool in refrigerator.

Gellair

Serves:4

CarbsPerServing:~2

Prep Time:10 min not counting set time

Effort:Easy

Ingredients:

4 oz cream cheese @ room temperature 2 packets of sugar free, flavored gelatin
2 cups boiling water 6 ice cubes
2 packets sweetener (optional)

How to Prepare:

Mix gelatin into boiling water until dissolved. Add ice cubes to gelatin and stir to dissolve. Place mixture in freezer until gelatin is semi-set (15 – 30 minutes, depends on your freezer).

Mix sweetener into cream cheese or simply stir cheese until smooth if no sweetener is used. You may want to warm cheese in microwave but be careful not to start cooking it.

Remove gelatin from freezer and whip with mixer on high until frothy. Gelatin should be set enough to hold air bubbles you're introducing. Add cream cheese and continue to whip until fully blended.

Place in refrigerator until set. Result is an airy, somewhat creamy gel with strong flavoring.

Fresh Fruit Ice Cream

Serves:2,10

Prep Time:One Minute

Effort:Easy

Ingredients:

1 Cup Frozen Berries 1/3-1/2 Cup Cream 1/4 Teaspoon Vanilla
Sweetener (as you like)

How to Prepare:

Blend all ingredients in a food processor or blender till smooth. Voila!! Delicious ice cream!

Lemon Icebox

Serves:4-8

CarbsPerServing:8 total

Prep Time:10 minutes not counting fridge time

Effort:Easy

Ingredients:

8 oz. cream cheese (I use 0-1 carb kind) room temp
4 tbs lemon juice 2/3 cup Splenda 1/2 cup whipped cream

How to Prepare:

Combine the cream cheese, lemon juice and splenda. Whip until smooth fold in the whipped cream gently smooth into a pie tin or bowl. Refrigerate for about an hour until firm. Enjoy!

Hazelnut Muffins

Serves:8

CarbsPerServing:1.5

Prep Time:10 Minutes

Effort:Easy

Ingredients:

1 Cup Atkins Bake Mix 1/2 Cup Flax Seed Meal
1/2 Cup Splenda 1 Tsp Cinnamon 2 Eggs
1/4 Cup of Heavy Cream 1/4 Cup of Water
1/4 Cup of SF Hazelnut Syrup 2 Tblsp. Vegetable Oil

How to Prepare:

Combine all dry ingredients in a mixing bowl and stir. Then, add remaining ingredients and blend gently. Spoon into greased muffin pan and bake in preheated oven at 325 for 20 minutes or until golden Brown.

death by chocolate

Serves:4,1,10,4

CarbsPerServing:8

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 box of sugar free instant chocolate pudding

Cool Whip (as topping, if desired) 2 1/2 pints of heavy whipping cream

How to Prepare:

Blend the pudding mix with the heavy whipping cream until thick. I separate this dessert into 4 containers and enjoy it throughout the week. I like to add a big spoonful of Cool Whip to each container right before eating. This recipe can be made with all sugar free, instant puddings. Butterscotch is my second favorite!

Chocolate Ganache

Serves:Makes about 1 cup,10

CarbsPerServing:8 gms (total 1 cup)

Prep Time:5 minutes

Effort:Easy

Ingredients:

4 oz. Heavy Cream

1/2 Cup Sugar Substitute*

1 Tablespoon Butter

2 Teaspoon Vanilla Extract

1/4 Cup Cocoa *This recipe was tested using DiabeticSweet Sugar Substitute. Use of Splenda will have higher carb counts

Other flavored extracts may also be used. No counts for extract.

Recipe can easily be doubled

How to Prepare:

Place cream, sugar substitute and cocoa into a medium saucepan. Place over medium-high heat and whisk to combine ingredients. Stir constantly for about 3-5 minutes being careful not to burn. Remove from heat and add extract and butter. Stir. Allow to cool. Mixture will thicken as it cool. Mixture will be of a medium fudge consistency when placed in fridge-this makes a great filling for cookies or frosting brownies.

Easy Peanut Butter Balls!

Serves:varies

CarbsPerServing:4

Prep Time:10 minutes

Effort:Easy

Ingredients:

2 scoops of Vanilla Shake Mix

2 tablespoons of Natural Peanut Butter

3 drops of Stevia or 1 packet of Splenda/a

How to Prepare:

1.Mix all ingredients in a bowl.

2.Roll into any size desired.

3 Freeze for atleast 1hr.

4.Enjoy!

French Silk

Serves:4,1

CarbsPerServing:Per Serving <6

Prep Time:30 minutes, 1-2 hr chill time

Effort:Easy

Ingredients:

3/4 c butter, softened

1/2 c Splenda (12 g)

2 oz unsweetened baking chocolate (8 g)

1 tsp vanilla (3 g)

3/4 c refrigerated or frozen egg product, thawed

How to Prepare:

Cream butter and Splenda together until light and fluffy. Melt chocolate and let cool. Slowly fold in 1/4 c of the egg product, beating 5 minutes on medium speed, then add 1/4 c again, beating 5 minutes, then again with the remaining egg product. Add the cooled chocolate, beating on high 5 minutes. Stir in vanilla. Beat well with mixer until smooth. Chill 1-2 hours minimum. Top with whipped cream, if desired.

Carb Count: Recipe Total 23 g

Mock Strawberry Shortcake

Serves:depends on serving size,10

CarbsPerServing:Unsure-count carbs in strawberries and pudding

Prep Time:15 min

Effort:Easy

Ingredients:

1-2 Boxes SF FF Vanilla Pudding mix

Frozen, No sugar added whole strawberries

Heavy whipping cream

1 Can of real whipped cream

4-5 packets of splenda

water

How to Prepare:

Thaw strawberries. Put in sealable bowl with a little water and splenda to taste. Shake well to mix water with juice of strawberries. refrigerate for at least 1/2 hour. Empty dry pudding into bowl. slowly add whipping cream while beating with electric mixer. Keep adding until pudding is the consistency of thick custard. Refrigerate until ready to use. Add some pudding/custard in

bowl and top with strawberries. Top strawberries with whipped cream and spoon a little juice from strawberries over whole dessert. This soooooo yummy and rich. It is a family low carb favorite.

Pumpkin roll Serves:1,1,1,1

Prep Time:30 minutes

Effort:Average

Ingredients:

3 eggs	2 packets sweetnlow	2/3 cup pumpkin
1/2 t. ginger	1T. cinnamon	1T. baking powder
1T. baking soda	Filling: 4 oz. cream cheese	2T. butter
2 packets sweetnlow	1t. vanilla	1T. heavy cream

How to Prepare:

Bake for 15 minutes at 350.

Beat eggs for 5 minutes. Add remaining ingredients and mix. Spread onto a well greased sided cookie sheet. The layer of batter will be very thin. Remove and let cool. Turn out on a couple of papertowels doubled. (I used an egg turner to loosen from the pan) Roll up in the papertowels. Lay aside.

Beat cream cheese and butter until smooth. Add remaining ingredients and beat until blended.

Unroll the log and spread on the filling. Roll back up without the papertowels. Refrigerate for at least a half an hour. Start at the end and cut into app. 1/2 " sections as much as you want at that particular time. Will look like a pinwheel.

Vary by adding adding pecans. (sprinkle over batter before baking).

Creamy Nutty Gelatin

Serves:4

CarbsPerServing:7

Prep Time:5 minutes

Effort:Easy

Ingredients:

2 packages of Sugar-Free Gelatin (I used Strawberry-Banana)
3 Cups Water
1 Cup Heavy Cream
1 Cup Nuts (I used Walnuts - but you can substitute your favorite)

How to Prepare:

Prepare gelatin as instructed on package, substituting 1 cup of water for 1 cup of cream. Add nuts and chill.

For an extra treat, try whipping some cream and adding a dollop on top.

Chocoholic Fix

Serves:one

CarbsPerServing:5

Prep Time:3 minutes

Effort:Easy

Ingredients:

one chocolate Endulge bar two tablespoons Kroger nut
toppingKroger brand whipped cream in a can - two tablespoons, or as
much as you can afford in carbs.

How to Prepare:

Break Endulge bar into a custard cup, microwave until melted.

Blend nut topping into melted chocolate and top with whipped cream.

Chocolate Mousse

Serves:4 (1/2 cup each),10,10

CarbsPerServing:5gm

Prep Time:About 15 active time, 1 hr chill time

Effort:Easy

Ingredients:

1 envelope unflavored gelatin	2 tablespoons unsweetened cocoa
2 eggs, separated	2 cups half & half divided
5 packets sugar substitute	1 1/2 teaspoons vanilla

How to Prepare:

In medium-size saucepan, mix gelatin and cocoa. In separate bowl, beat egg yolks with 1 cup half&half. Blend into gelatin mixture. Let stand 1 minute to soften gelatin. Stir over low heat until gelatin is completely dissolved, about 5 minutes. Add remaining half&half, sweetener and vanilla. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. In separate large bowl, beat egg whites until soft peaks form; gradually add gelatin mixture and beat until doubled in volume, about 5 minutes. Chill until mixture is slightly thickened. Turn into dessert dishes or 1-quart bowl and chill until set.

White Chocolate Strawberry Mousse

Serves:4,5,10,10

CarbsPerServing:8

Prep Time:10 minutes

Effort:Easy

Ingredients:

4 TBS Cream Cheese, room temp	5 large Strawberries
1 cup Whipping Cream1 cup Water	1 pkg Jello SF Instant White Chocolate Pudding mix

How to Prepare:

Beat the strawberries and Cream Cheese together until smooth and creamy. Add the water and whipping cream and beat for 2 minutes

until blended. Add the Jello Instant Pudding mix and beat until well mixed. Place in fridge for 5-10 minutes until set.

Tastes creamy and rich and decadent!

Chocolate & Banana Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

Ingredients:

8 oz. cream cheese 1/2 ripe banana
1 1/2 tbsp. water 6 packets Splenda 1 1/2 tsp. unsweetened cocoa
1/4 tsp. banana flavored extract (optional)

How to Prepare:

Beat banana into cream cheese with 2 packs Splenda, 1/2 tsp. of the unsweetened cocoa and banana flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

Chocolate & Peanut Butter Cream Cheese Bites

Serves:8

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

Ingredients:

8 oz. cream cheese 2 tsp. sugar-free peanut butter
1 1/2 tbsp. water 6 packets Splenda 1 1/2 tsp. unsweetened cocoa
1/4 tsp. almond flavored extract (optional)

How to Prepare:

Beat peanut butter into cream cheese with 2 packs Splenda, 1/2 tsp. of the unsweetened cocoa and almond flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

Lemon Coconut Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

Ingredients:

8 oz. cream cheese 2 tsp. sugar-free lemon flavored jello
1 1/2 tbsp. water 6 packets Splenda 1/4 cup shredded coconut
1/4 tsp. lemon extract (optional)

How to Prepare:

Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and lemon flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and coconut. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

Chocolate & Orange Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

Ingredients:

8 oz. cream cheese 2 tsp. sugar-free orange flavored jello
1 1/2 tbsp. water 6 packets Splenda 1 1/2 tsp. unsweetened cocoa
1/4 tsp. vanilla or orange flavored extract (optional)

How to Prepare:

Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and 1/2 tsp. of the unsweetened cocoa and extract, if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

Chocolate & Raspberry Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

Ingredients:

8 oz. cream cheese 2 tsp. sugar-free raspberry flavored jello
1 1/2 tbsp. water 6 packets Splenda
1 1/2 tsp. unsweetened cocoa 1/4 tsp. strawberry flavored extract (optional)

How to Prepare:

Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and 1/2 tsp. of the unsweetened cocoa and strawberry

flavored extract, if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

Easy Lime Panna Cotta (Italian Cream Custard)

Serves:6

CarbsPerServing:6 gr

Prep Time:15 min

Effort:Easy

Ingredients:

1 packet gelatin 1/4 cup water
Another 3 Tablespoons water to dissolve gelatin
1/2 tsp Almond Extract 2 cups heavy cream
1/4 cp Splenda or Stevia 1 Tablespoon lime juice
2 Tablespoons grated lime peel (optional)

How to Prepare:

Although panna cotta translates as "cooked cream," in fact, you heat the heavy cream only long enough to dissolve the gelatin.

1. Set out six 6-oz dessert cups. (Can use dessert molds, but cups are easier.)
2. In a 1/4 cp measuring cup, add the 3 Tablespoons of water and sprinkle the packet of gelatin over the top. Mix. In 5-7 minutes, the gelatin will be softened.
3. In a medium saucepan, combine heavy cream, 1/4 cup water, sugar substitute, lime juice, and optional grated lime peel. Stir occasionally until starts to steam- do not boil!
4. Remove from heat, stir in the gelatin mixture, and mix well.
5. Divide mixture among the six dessert cups or molds.
6. Chill until firm (about one hour). Serve with optional lime peel garnish.

Crepes and Cream

Serves:6

CarbsPerServing:7

Prep Time:5 minutes

Effort:Easy

Ingredients:

6 Ready made Crepes Redi-Whip Cream Cheese
Nuts (optional)

How to Prepare:

Spread cream cheese over a Crepe and top with Redi-Whip and nuts if desired.

Nut Logs

Serves:10 - 15

CarbsPerServing:entire recipe is about 28 carbs, 2.5 carbs per glob

Prep Time:15 mins

Effort:Easy

Ingredients:

1 8 oz package of cream cheese
1 cup slice almonds 1 1/2 tsps of Cinnamon
5 Splenda packets

How to Prepare:

Lay almonds slices on a cookie sheet and toast in a 350 degree oven for 5-7 mins. Remove and let cool. combine almonds, cinnamon and splenda in a bowl and mix well. Using a melon baller or small spoon take a glob of cream cheese and roll it in the dry mix, pressing the almonds in until they stick and glob is completely covered... store in refrigerator in a tight container or covered in plastic wrap.. 1 pack of cheese makes about 10-15 snacks depending on how big you make em.. You could also make a large nut log for the holidays by adding the sweetner and cinnamon to the cream cheese and just covering the whole lump in the nuts and then just slice it to serve it!

Peanut Butter Fluff

Serves:1,10,10,10,10,10,9

CarbsPerServing:3-5

Effort:Easy

Ingredients:

Two tbs chunky peanut butter Whipped cream (as much as desired)

How to Prepare:

Blend well. Grab a spoon and enjoy!

Sherbert (Ice Cream)

CarbsPerServing:very low carbs

Effort:Easy

Ingredients:

Heavy Cream Artificial sweetner packets Kool-Aid

How to Prepare:

First whip the cream to peaks. Then add kool-aid and sweetner to taste.

What taste extremely good is something called "Ice blue raspberry lemonade" and watermelon cherry combinations. Freeze. May need to thaw in refrigerator or a few seconds in the microwave after a couple days.

100% great sweet party snack balls

Serves:Makes 18-22,10

CarbsPerServing:.5-1.5 depending

Prep Time:5 minutes

Effort:Easy

Ingredients:

4 oz cream cheese 2 oz almonds 1-2 packets art. sweetner

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2 Tb heavy cream

How to Prepare:

1. Mix cream cheese, art. sweetener, and cream together good. 2. Mix in almonds. 3. Wet hands. 4. Break off marble size amount and roll into balls. 5. Refrigerate.

Suspiros

Serves: 5, 9, 1, 10

CarbsPerServing: 0

Prep Time: 30 min

Effort: Easy

Ingredients:

4 Egg whites 1 1/2 cup of splenda

How to Prepare:

This is a Venezuelan recipe

Beat the egg whites for about 6 minutes in hi, add the splenda really slow.

In a non stick pan put little pieces of that mix and bake at 180°C until they are golden brown

California Clouds

Serves: 10 pieces, 10

CarbsPerServing: unspecified

Prep Time: 10 min

Effort: Easy

Ingredients:

1/2 Cube Cream Cheese (softened) 1/2 Cube Butter (softened)
1/4 Cup Blueberries 5 Packets Splenda 1 tsp Vanilla extract
1 tsp Davinchi Syrup (any flavor)

How to Prepare:

Mix all ingredients in bowl till creamy, drop by teaspoons on large platter lined with parchment paper. Freeze and eat

BROWN BROWNIES

Serves: 10, 7, -----Select-----, 1, 1, 1

Prep Time: 45 minutes

Effort: Easy

Ingredients:

1 Box of Dark Brown Sugar 2 2/3 Cup of Flour 1/2 Teaspoon Salt of
semi-sweet chocolate chips 1/4 Teaspoon Vanilla 3 Eggs 2/3 Cup Wesson
Oil 1/2 Teaspoon Baking Powder 1 6 oz. pkg. semi-sweet chocolate
chips 1/4 Teaspoon Vanilla

How to Prepare:

Grease pan and flour and bake for 30-35 minutes at 350

Jello Fluff

Serves: 10-12, 5, 8, 10

CarbsPerServing: not sure

Prep Time: 5 minutes

Effort: Easy

Ingredients:

8 oz. sour cream
8 oz. cream cheese 1 pkg. sugar free jello

How to Prepare:

Mix ingredients together and serve.

Can use any flavor of jello and top with fruit.

example: Strawberry kiwi jello with strawberries on top. Or Lemon jello, topped with limes.

Quick and Easy Ice Cream Flavors

Serves: ?

CarbsPerServing: Depends on flavor and ingredients used

Prep Time: Also depends on ingredients used

Effort: Easy

Ingredients:

Cool Whip Flavored Cream Cheese

How to Prepare:

Use mixer to blend container of cool whip with container of flavored cream cheese. Freeze and serve.

Some of my favorite flavors: Strawberry - strawberry cream cheese and a few fresh strawberries finely chopped.

HoneyNut Chocolate - honeynut cream cheese, one low carb chocolate bar chopped fine and a few pecans chopped fine.

Try your own flavors! Enjoy!

Dairy-Free Chocolate Pudding

Serves: 4 Servings

CarbsPerServing: 9g per serving

Prep Time: 10 Minutes

Effort: Easy

Ingredients:

2 small avacados 1/3 cup organic cocoa 3/4 cup sugar-free maple syrup
(Cozy Cottage brand)...

How to Prepare:

Peel and cut up avacados. Place in food processor and blend until smooth. Add cocoa and blend well. Add maple syrup and blend until mixture is smooth and completely mixed.

Pink Lemonade Shake

CarbsPerServing: 7g total

Effort: Easy

Ingredients:

3 tablespoons lemon juice 1/2 cup protein powder -- vanilla
1 tablespoon lecithin -- granules 1 packet artificial sweetener 1 drop red food coloring
10 ounces water -- ice cold 2 ounces heavy cream -- ice cold
1 cup crushed ice

How to Prepare:

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Put everything in blender and blend until thick and creamy. You can partially freeze this for an ice cream type treat. Lemon juice is to taste - I like it tart. :)

Mockolate Danish

CarbsPerServing:3g total

Effort:Easy

Ingredients:

2 ounces cream cheese 1 egg 2 Splenda packets -- if needed
the keto cocoa is sweet enough 1 1/2 tablespoons keto cocoa
3 tablespoons protein powder -- whey, or ground almonds or both

How to Prepare:

Put cream cheese in microwave for 30 seconds. Then put in all the rest. Stir with a whisk until well blended. Put in microwave for 1 minute. This is like chocolate sponge pudding with thick custard in the middle!

NOTES : Counts for Davinci's vanilla syrup not included in totals.

Yummy Blizzard Dairy Queen Recipe

Serves:10

CarbsPerServing:9g carbs total

Effort:Easy

Ingredients:

1/3 cup cream 1 handful low-carb
chocolate kisses 1 teaspoon unsweetened
cocoa 1/2 teaspoon vanilla 5 packages artificial sweetener
10 slightly softened ice cubes or less

How to Prepare:

blend all of the above for about 60 seconds. I used a Vita-Mix. Depending on your mixer, you may need more or less time. If the ice cubes (make sure they are a TINY bit slushy) aren't blended yet, try using the reverse option on your blender for a few seconds.

Almost Maple Walnut Ice Cream

Serves:10,10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 Cup Plain Yogurt 1/8 Cup Howard's Low
Carb Maple Syrup 1/8 Cup Chopped Walnuts

How to Prepare:

Mix ingredients together and put in freezer, stirring every 15 minutes until ice cream like. Enjoy!

Tofu Creme Brulee

CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

1/3 cup heavy cream 2 ounces tofu -- prefer silken, soft
1 Tablespoon splenda 1/4 teaspoon vanilla extract 1 dash cinnamon
1 large egg yolk

How to Prepare:

Microwave directions:

In a blender mix all ingredients well until smooth. Pour into a 10oz glass ramiken and place into a larger glass bowl. Fill to about 1/2 way up the ramiken with hot water and microwave on 50% power for 7 minutes or until set. Let sit at room temperature for 15 minutes before eating.

Swedish Cream

CarbsPerServing:58g carbs total

Effort:Easy

Ingredients:

1 cup Splenda 1 unflavored gelatin(envelope)
2 cups heavy whipping cream 1 teaspoon vanilla extract 2 cups sour cream

How to Prepare:

Combine Splenda and gelatin in a sauce pan. Add cream. Heat on medium for 5 minutes stirring CONSTANTLY, until hot but NOT boiling. Sugar and gelatin must be completely dissolved. If it gets too hot or cooks too long, it will be tough. Cool 10 minutes. Combine sour cream and vanilla and stir into the warm mixture. Ladle into a medium-sized bowl or molds. Refrigerate 2 hours or until set. If placed in molds, unmold swedish cream by running a knife around the edges and turning out. Serve alone or with fresh berries mixed with Splenda.

Strawberry-Watermelon Whip

PerServing:no counts provided

Effort:Easy

Ingredients:

1 Individual tub of Crystal Light Strawberry-Watermelon
Whipping Cream (amount depends on how much you need - remember
whipping cream whips up to more than you pour in!)

How to Prepare:

Pour whipping cream in a deep bowl. Add Crystal Light sparingly at first. Whip with a mixer tasting periodically. Depending on your taste, you can add a lot of the mix or a lot of the cream depending. This will keep in the refrig. for a while. This is wonderful to dip strawberries or blueberries in! I end up eating it out of the container by itself!

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Strawberry Shortcake

CarbsPerServing:48g carbs total

Effort:Easy

Ingredients:

2/3 cups just whites -- egg white powder 2 cups artificial sweetener
2 cups water

How to Prepare:

Blend egg white and water until soft peaks form. Blend in Splenda. Put the mixture evenly into two 8" cake pans sprayed with cooking spray. Do not spread up the sides, just mound it in the middle of the pans as if you were pouring cake batter into the pans. Bake at 275 degrees for one hour. After the "cake" is finished cooking, remove from pans. Frost one layer with whipped cream, put the other layer on top and frost with remaining whipped cream. Decorate with berries top. I served this to guests and they did not know it was not really strawberry shortcake. It is pretty and very tasty! You can't go wrong with this one.

NOTES : Counts for just whites not included in totals.

Strawberry Custard

CarbsPerServing:5.2g carbs total

Effort:Easy

Ingredients:

2 cups heavy cream 4 each egg yolk 1 teaspoon vanilla extract
8 packets artificial sweetener 1/2 cup strawberries --
diced 1 teaspoon lemon extract -- optional -brings out the fresh flavor
2 packets artificial sweetener 2 tablespoons s/f
strawberry syrup -- optional -use if available and omit extra 2pkts sweetener

How to Prepare:

Sprinkle diced strawberries with 2pkts sweetener(or strawberry syrup) and toss gently. Let sit while you proceed. Put the remaining ingredients in a blender. Process to blend yolks well. Pour into a saucepan and heat over med/low heat, stirring constantly, until it comes to a simmer. Simmer, stirring, for 4 minutes or until it thickens. Remove from heat and gently stir in strawberries and any liquid that has accumulated with them. Serve warm or cold. This makes about 6 decent sized servings.

NOTES : Counts for strawberry syrup not included in totals.

Strawberry Crepes

Effort:Easy

Ingredients:

3 egg 1 Tablespoon water 2 packets artificial
sweetener 1/4 teaspoon vanilla 2 teaspoons sugar free
strawberry jam 1/4 cup cottage cheese -- or ricotta

How to Prepare:

Beat eggs with water, sweetener and vanilla. Cook like crepes (2 ea.). Spread jam and cheese onto crepes and fold in half. Optional: top with sweetened sour cream and strawberries

NOTES : Counts for strawberry jam not included in totals

Sinfully Rich Fudge

Serves:24,1,1

CarbsPerServing:1.8g

Effort:Easy

Ingredients:

1 ounce paraffin wax -- canning 2 tablespoons sugar free peanut butter -- I like
crunchy 1 cup heavy cream
1 package sugar free instant pudding mix

How to Prepare:

Mix Sugar Free Pudding, Heavy Cream, and Peanut Butter in a saucepan over med heat. At same time in double broiler melt Paraffin Wax. Once Peanut Butter and Wax have melted, add wax to mixture while mixing (electric) on med power Place in 7 x 7 square baking pan. Refrigerate, ready to eat when hard.
Serves : 24 squares

Sinful White Chocolate Mousse

Serves:4,7

CarbsPerServing:9.25g

Effort:Easy

Ingredients:

2 cups heavy cream 1 package sugar free jello
brand White Chocolate pudding mix -- small package

How to Prepare:

So easy to make! Pour whipping cream in mixing bowl, dump in dry pudding mix Beat till very thick and fluffy Divide into 4 servings. This is also excellent with chocolate fudge and butterscotch. Even half a serving is very satisfying.

Simple Fruit Ice Cream 2

CarbsPerServing:16g carbs total

Effort:Easy

Ingredients:

1 cup frozen unsweetened strawberries
-- raspberries, mangoes,
blueberries, etc. 1/4 cup heavy whipping cream
1 teaspoon liquid stevia -- to taste

How to Prepare:

Place ingredients in blender. Blend till smooth, soft serve consistency. Eat and enjoy. Does not refreeze well. It will be hard as a rock if you refreeze.

Butter Pecan Pudding

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

12 oz. 1/3 less fat cream cheese -- softened
 1/2 cup heavy whipping cream 1 teaspoon Sugar Free
 Jell-O Butterscotch Pudding 1 tablespoon Sugar Free
 Jell-O Butterscotch Pudding 2 packets Splenda 2 tablespoons Divinci sugar
 free Caramel syrup 1 tablespoon Divinci sugar
 free Irish Cream syrup 1/4 cup pecan pieces broken up small

How to Prepare:

Whip softened cream cheese until smooth. Add pudding, splenda, syrups and whip. Slowly add cream, whipping well and scraping bowl often. Fold in pecans and refrigerate until firm. **If the syrup separates while in the fridge-just beat by hand some before serving*** You can also try using chocolate pudding with other nuts of your choice-just use chocolate and maybe a little vanilla syrup. Makes two cups-really sweet so 1/2 cup serving may be too much!

SHERBERT

CarbsPerServing:5g carbs total

Effort:Easy

Ingredients:

1 package sugar free jello -- raspberry or orange
 3/4 cup heavy cream -- whipped

How to Prepare:

Disolve the geletin in 1 cup of boiling water. Let cool Whip the cream. Pour cooled geletin into whipped cream, fold gently. Set into freezer for 20 minutes. Enjoy! Great quick snack. Makes about 4 servings

Chocolate Torte

CarbsPerServing:64g carbs total

Effort:Easy

Ingredients:

4 eggs -- extra large 3/4 cup artificial sweetener 1 cup pecans
 1 teaspoon vanilla extract 2 tablespoons flour 2 1/2 teaspoons baking powder
 3 tablespoons cocoa powder

How to Prepare:

BLEND (in blender) eggs and sweetener for 45 seconds. Add other ingredients IN THE ORDER LISTED. Blend 2 minutes. POUR into greased 9" round pan. Bake at 350 for 20 minutes or until toothpick comes out clean.

Rich Chocolate Pudding

CarbsPerServing:27g carbs total

Effort:Easy

Ingredients:

1 envelope unflavored gelatine 1/4 cup cold water
 2 tablespoons butter 3/4 cup heavy cream 12 packages artificial sweetener
 3 tablespoon unsweetened cocoa powder 1 teaspoon vanilla extract

How to Prepare:

sprinkle the gelatine over the water and let sit for a few minutes then microwave for about 40seconds on high then stir in butter and let sit for another 2 min. In a blender mix the cream, equal, cocoa and vanilla until smooth. Add the gelatine and butter mixture while still blending, continue to blend until completely smooth. Pour into a bowl and chill until set.

Rhubarb Fool

CarbsPerServing:26g carbs total

Effort:Easy

Ingredients:

1 pound rhubarb -- washed and sliced in 1 inch pieces
 1/4 cup water 4 packages artificial sweetener -- to taste 1 cup heavy cream

How to Prepare:

In a medium saucepan bring water to boil. Add Rhubarb, turn heat to low, cover and simmer for 15 - 20 minutes until rhubarb is soft. Cool and refridgerate until cold. Stir in sweetner. Whip cream Fold rhubarb into whip cream.

Refreshing Lemon Cream

CarbsPerServing:12g carbs total

Effort:Easy

Ingredients:

1 cup heavy cream 2 tablespoons lemon juice 2 tablespoons artificial sweetener -- to taste

How to Prepare:

Whip cream until frothy and beginning to form soft peaks (not stiff). Add lemon juice and sweetener and continue beating until fully mixed. Adjust sweetener based on personal preference for sweet/sour flavor. Place in muffin cups for individual servings or directly in freezer safe tupperware container. Freeze until solid. If using muffin cups, serve directly from freezer as an ice cream. If using tupperware, place frozen mixture in a food processor and blend until softened. Serve

Raspberry Delight

CarbsPerServing:no counts provide

Effort:Easy

Ingredients:

1 pint heavy cream 2 bricks of cream cheese

sweetener to taste 1 teaspoon vanilla

1 container Chrystal Light - Raspberry Ice

How to Prepare:

Add all ingredients, except Chrystal Light, together and whip until firm. Add Chrystal light and continue beating until mixed. Serve as is or top with fresh Raspberries, crushed and sweetened with preferred sweetener. This recipe can be halved.

Quickie Ice Cream CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

1/2 cup heavy cream 1/3 cup water
2 packages artificial sweetener 1/2 teaspoon vanilla
1/2 teaspoon syrup of your choice (or extract)

How to Prepare:

Place ingredients in a small ziploc and seal well. Place inside a gallon sized ziploc with ice and salt. Set bag on a towel beside you on the couch and flip and jiggle the bag around for about 15 minutes, until set.

NOTES : Counts for syrup or extracts not included in totals.

Puddin' Toppin' CarbsPerServing:13g carbs total

Effort:Easy

Ingredients:

16 ounces heavy cream 1 sm. box sugar free pudding any flavor

How to Prepare:

Blend together until nearly stiff. Refrigerate or use immediately, density does not change during refrigeration. Great alone or as a topping/frosting on your favorite dessert. NOTES : Counts for pudding not included in totals. Small box of Vanilla Pudding adds 24 carbs, Chocolate adds 28 carbs.

Popcicles CarbsPerServing:0

Effort:Easy

Ingredients:

2 cups water 1 package jello any flavor

How to Prepare:

Heat water in microwave until it boils, then add the jello. Stir until dissolved. Pour in ice cube trays and place in freezer. In an hour place toothpicks in each cube. Let freeze for a few hours.

Peach Melba Jell-o CarbsPerServing:25g carbs

total

Effort:Easy

Ingredients:

1 package s/f peach jell-o gelatin 1 package s/f raspberry jell-o gelatin
2 cups boiling water 1 cup cold water 1 cup heavy cream -- whipped to soft peaks
1 small peach -- sliced thin 1/2 cup raspberries -- fresh

How to Prepare:

This is an adaptation of a high carb recipe - but it works great!) Dissolve peach flav. jello in one cup of boiling water; mix. Add cold water. Chill until SLIGHTLY thickened. Dissolve raspberry jello in remaining one cup of boiling water. Spoon in whipped cream, stirring until smooth. Pour into serving bowl, chill to firm, but not set. Arrange peach slices and raspberries on ice cream mixture in bowl. Spoon peach jello over fruit. Chill for at least 3 hours.

PINEAPPLE SLAW CarbsPerServing:8.5g

Effort:Easy

Ingredients:

2 cups cabbage -- finely shredded 1/2 cup crushed pineapple in juice -- drained
1/4 cup green peppers -- finely diced 2 tablespoons mayonnais-- (more if you like)
2 tablespoons onion -- finely diced Stevia -- to equal 1 teaspoon sugar
1/4 teaspoon celery seed salt -- to taste pepper -- to taste

How to Prepare:

Combine pineapple and veggies. Toss. Mix rest of ingredients together. Spoon over veggie mixture. Mix well. Chill. Mix again before serving.

Serves 4.

NOTES : Stevia not included in counts

Nookie Pudding CarbsPerServing:25g carbs total

Effort:Easy

Ingredients:

8 ounces cream cheese -- softened 1 cup heavy cream
3 teaspoons vanilla 8 packages artificial sweetener -- to taste
1 teaspoon unsweetened cocoa powder

How to Prepare:

Whip the cream cheese and 1/2 cup whipping cream in mixer. Add vanilla, artificial sweetener, cocoa, and remaining 1/2 cup of whipping cream. Blend until thick and creamy.

Mint Chocolate Freezer Ice Cream Cups

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

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1 cup whipping cream 1 teaspoon mint extract3 teaspoons Carnation Fat
Free Hot Cocoa mix

How to Prepare:

Whip cream until frothy, but before it forms stiff peaks. Add extract and cocoa mix until blended. Spoon into paper cupcake cups and place in bottom of freezer ready tupperware container. Seal container and freeze until solid. No sweetener needed, plenty in the cocoa mix. Take cups out of freezer and serve.

May also substitute almond extract for chocolate almond cups or experiment with other extracts (I recommend Splenda sweetener) and sugar free drink mixes/jello mixes for fruit flavors.

Induction sweet surprise!

CarbsPerServing:3g carbs total

Effort:Easy

Ingredients:

1/4 cup sour cream 1 packet artificial sweetener2 tablespoons lecithin --
granules - Lewis Lab type

How to Prepare:

Mix all and let set 1 minute, top with favorite nuts. I like walnuts. That's all, unbelievable... This recipe is so low in carbs as you can see and it is amazing to think it's the Equal that turns this into a delicious pudding.

Hot Chocolate Coconut Pudding

Serves:1

CarbsPerServing:11g carbs total

Effort:Easy

Ingredients:

25 g unsweetened coconut meat 5 g unsweetened cocoa
powder60 ml heavy cream -- (12teaspoons) (double cream) 1 splenda packets

How to Prepare:

Put all the ingredients in a small bowl and stir them together. Nuke in the microwave on full power for 1 minute then stir again.

This makes 1 serving

Fruit Whip

CarbsPerServing:23g carbs total

Effort:Easy

Ingredients:

2 boxes sugar free jello (any desired flavors)
16 ounces cottage cheese1 cup heavy cream

How to Prepare:

Beat heavy cream till soft peaks. Set aside. Beat cottage cheese to break curds to tiny pieces. Add the two boxes of jello and beat till mixed. Add the whipped heavy cream. Chill

Fruit Fluff

CarbsPerServing:13g carbs total

Effort:Easy

Ingredients:

1 pint Heavy Cream1 box sugar free jello -- any
kind

How to Prepare:

Make Jello Like on Box, Whip Heavy Cream And Jello Together and Put in ice box for 3 to 4 hours NOTES : Counts for jello not included in totals.

Frozen Pudding Dessert

Serves:30

CarbsPerServing:1.2g

Effort:Easy

Ingredients:

8 ounces cream cheese -- softened 1 1/2 cups heavy cream
1/2 package sugar free instant pudding mix -- vanilla4 splenda packets
2 cups fruit flavored extract

How to Prepare:

Whip together and spoon into cake decorating bag with large tip, or use a baggie and cut one corner off the bag. Make plops about cookies size on wax paper lined cookie sheet. Freeze then transfer to container and keep in freezer.

Makes 30.

NOTES : Counts for fruit flavored extract not included in totals.

Flax Pudding

CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

1 egg 1/4 cup whole milk ricotta cheese
2 tablespoons flax meal dash nutmegdash salt substitute
2 tablespoons DaVinci French Vanilla syrup
water 2 tablespoons heavy cream

How to Prepare:

In microwavable cereal bowl, beat one egg with fork. With fork, beat in ricotta.

When well blended, add flax meal, nutmet, salt sub, and syrup. Add water one tablespoon at a time to desired consistency (I used 2 and it turned out well).

Nuke on high 2 minutes. Stir and top with desired amount of butter and heavy cream.

Espresso Cream Dream

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

For the base: 2 shots espresso (decaf is OK!) -- (2 to 3)
2 packets sweetenerFor the topping:
Whipped cream or -- better yet, clotted cream
sweetener -- if the cream's not sweetened 4 raspberries -- (4 to 5)

How to Prepare:

Mix sweetener into espresso. Stir in 2 ice cubes to cool it and make it a bit more palatable! Put in freezer Every 30 minutes or so, stir with a fork and break up the ice that's forming. After about 2 hours of this, it'll end up a fine grainy slush.

For the topping, smoosh up the raspberries and mix the sweetener into the cream. Top generously.

Egg Custard 2

CarbsPerServing:13g carbs total

Effort:Easy

Ingredients:

5 eggs 1/2 pint heavy cream
1/2 pint water4 teaspoons artificial sweetener -- splenda (4 to 6)
1 teaspoon vanilla cinnamon or nutmeg

How to Prepare:

place first 5 ingredients in blender and whip for 3-4 minutes. pour into a glass baking dish or individual oven safe dessert bowls, sprinkle with cinnamon or nutmeg or both.Bake @ 350 for 40-45 minutes or until set. Chill 1 hour and serve.

This makes a great dessert as well as breakfast (eaten warm)
NOTES : Counts for cinnamon or nutmeg not included in totals.

Custard for Pudding or Ice Cream

CarbsPerServing:14g carbs total

Effort:Easy

Ingredients:

2 cups heavy cream 2 egg yolkscocoa and splenda to taste
(or otherflavorings/sweeteners)

How to Prepare:

Whisk together over med heat until boiling.Remove from stove, beat with beater, and add xanthan gum by the 1/2 tsp,shaking it in gently while beating until it thickens. YUM!This can also be chilled overnight and then put into ice cream maker to make a yummy ice cream with no milk.
NOTES : Counts for cocoa and splenda not included in totals.

Cream Cheese & Peanut Butter Thingies

CarbsPerServing:56g carbs total

Effort:Easy

Ingredients:

8 ounces cream cheese 1 pint heavy cream2 tablespoons sugar free
peanut butter 1 package sugar free
instant pudding mix -- chocolate

How to Prepare:

Cream the cream cheese then add other ingredients(works better if you follow the order)Spoon onto a cookie sheet(parchment paper) I spoon into a ziploc and cut off the corner and use it as a pastery bag. They come out like hersey kisses.

CRÉME BRULEE

Serves:10,10

CarbsPerServing:14g carbs total

Effort:Easy

Ingredients:

2 cups heavy cream 4 egg yolksStevia or Splenda to taste

How to Prepare:

just a teeny bit (**the real recipe only calls for 3 t sugar, so this is not a sweet pudding)

Heat cream over med-low heat (you do not want to scorch or boil any of this!) Beat egg YOLKS for several minutes until foamy lemony looking
Add the artificial sweetener & beat that in,
Add half of the hot cream to the yolks and beat in
Add back to cream in pan TURN heat DOWN and cook til thickened (should take up to five minutes) remembering not to let this boil.

Cinnamon Bread Pudding

PerServing:6g carbs total

Effort:Easy

Ingredients:

2 Slices Cheeters Brand Cinnamon Bread 1 Large Egg
3/4 cup Heavy CreamPumpkin Pie Spice (to taste) 1/2 teaspoon Splenda

How to Prepare:

Break up cinnamon bread into large custard cup.

Combine egg, cream, spice, and Splenda, pour over bread pieces. Place in refrigerator, for 1 hour at least. Microwave, for 2 minutes or until puffy, slightly over the top of dish.
 NOTES : Counts for bread and pumpkin pie spice not included in totals.

FISH MEALS

seafood chowder (NO CARBS)

Serves:4-5

CarbsPerServing:0

Prep Time:1/2 HOUR

Effort:Easy

Ingredients:

2quarts heavycream
 butter/salt/pepper/haddock/clams/scallops with all juices.you can add any kind of seafood you like, Most has 0 carbs.

How to Prepare:

sautea all seafood in pan with butter until done, add heavy cream, enjoy!!!!TIP- the longer it sets the better it tastes. add salt & pepper as you like.

Tasty Tuna Burgers

Serves:4

CarbsPerServing:3.5

Prep Time:10

Effort:Easy

Ingredients:

1- 7 oz. cana tuna, drained 1/2 cup wheat bran
 1/2 cup diced celery 2 tbsp minced onion1/3 cup mayo
 2 tbsp low carb ketchup 1 tsp lemon juice

How to Prepare:

Mix all ingredients and form into 4 patties. Spray frying pan with pam and cook like a hamburger until browned on both sides.

Per burger:

153 calories

3 g fat

6.5 carb

3 g fiber

3.5 net carb

9 protien

Lobster Imperial

Serves:4

CarbsPerServing:3

Prep Time:30 minutes prep, 15 cook

Effort:Easy

Ingredients:

3 pounds Maine lobster meat, cooked
 1 small bell pepper, finely diced (1/2 c=4.8g)
 1 tablespoon chopped canned pimienta (about 1g)
 1/3 tablespoon dry English mustard
 1/2 tablespoon salt 1/4 teaspoon white pepper
 1/4 teaspoon white pepper 1 or 2 dashes cayenne pepper 2 eggs
 1/2 teaspoon Worcestershire sauce (.5)
 1/2 cup mayonnaise (and extra for spreading)(about 4.5)
 paprika

How to Prepare:

Preparation:

Remove any bits of shell from the lobster meat and set aside. Combine the rest of the ingredients and mix. Fold in the lobster meat.

Divide among four small ramekins/gratin dishes or baking shells. Lightly spread a coating of mayonnaise on top and sprinkle with paprika. Bake in preheated oven at 350°F for 15 minutes or until the mayonnaise browns. Serve hot or cold.

crawfish quiche

Serves:6-8

CarbsPerServing:unknown

Prep Time:15 min.

Effort:Average

Ingredients:

2 eggs 1/2 C mayo 1/2 C half & half
 2 Tbs. soy flour salt & pepper1 C grated mozzarella
 1 C grated cheddar (or other) 1/3 C green onion, chopped
 6 oz. crawfish tails

How to Prepare:

Blend left column ingredients with beater or blender. Stir in remaining ingredients (roughly chop tails). Pour into buttered pie dish. Bake at 350 for approx. 40 min.

Tilapia with Flaxseed and Parmesean Crust

Serves:2,10,7

CarbsPerServing:About 2 net carbs per serving, plus the health benefits and fiber of flaxseed.

Prep Time:15 minutes

Effort:Easy

Ingredients:

2 5-6 oz Tilapia filets
 2 T ground flaxseed (I run mine through a coffee grinder)
 4 T butter 2 T olive oil
 2 cloves garlic2 T finely shredded Parmeseano Reggiano (or regular
 parmesean in a pinch)
 sea salt white pepper

How to Prepare:

In oven and stove safe pan or dish, heat butter and olive oil over

medium high heat. Press 2 cloves garlic (or mince) and add to butter/oil. Saute until garlic is soft but not brown. Rinse and dry tilapia filets. Salt and pepper filets as you wish. Place filets in pan, spooning garlic butter oil mixture over them. Cover and cook over medium heat until fish flakes easily with a fork--about 4 minutes. In a small bowl, combine flaxseed, parmesan, and salt and pepper to taste. Cover tops of filets with flax mix, about 2 T on each. Spoon some of the butter/oil over topping to moisten. Place under broiler to brown for about 2 to 3 minutes. As pictured above, I like to serve with baby spinach and Newman's Own Light Italian Dressing (0 carbs for the dressing!). This is such a treat--it's kind of like a tilapia scampi. Enjoy!

Fried Fish with Pork Rind Serves:2 CarbsPerServing:16.365
Prep Time:20 min Effort:Easy

Ingredients:

2 tilapia (cod, scrod, or sole will also work) fillets
2/4 bag frito lay bakenette pork rinds
1 tbsp bacon bits
1 tbsp parmesan or romano cheese
1 tbsp onion flakes
1 tsp garlic powder
salt and pepper to taste
1 tsp old bay seasoning
1 tsp cayenne or chili pepper
6 slices cabot garlic and herb cheese (fried crispy)
2 eggs
enough equal parts olive oil and butter to fill pan 1 cm

How to Prepare:

blend 3/4 bag bakenette pork rinds, 1 tbsp bacon bits, 1 tbsp parmesan or romano cheese, 1 tsp garlic powder or chopped garlic, 1 tbsp onion flakes, salt, pepper, old bay, cayenne or chili powder, and crushed fried cabot garlic and herb cheddar cheese (you can use any cheese, but i recommend this savory cheese from cabot, instructions below) in a food processor until you have a fine powder. dip tilapia (my favorite, but cod, sole, or scrod works just as well) fillets in an egg wash (beaten eggs) and then coat thoroughly with "breading." fry in a large iron frying pan in olive oil and butter (about 1 cm) until golden brown. this "breading" tastes just like bread crumbs only ten times better.

fried cheese

Simply slice your favorite cheese fairly thin, throw it on a hot griddle with some butter, and cook to desired browning level. these are delicious dipped in ranch dressing.

TUNA MELT FAST (ZERO CARBS) Serves:1,1,10,10,7 CarbsPerServing:0
Prep Time:Less than 5 min. Effort:Easy

Ingredients:

1 can tuna (drained)
Mayo (use as much as you like-I use 2 T)
1-2 slices cheese (I like provolone or cheddar)

How to Prepare:

Mix together drained tuna and mayo in a small oven proof bowl. Top with cheese. Broil on Hi for 3 min. Variation: Use a slice of Atkins bread.

I like this better than a tuna melt- who needs soggy bread anyway?

Broiled Halibut Serves:4 CarbsPerServing:6 (high est.)
Prep Time:15-20 minutes Effort:Easy

Ingredients:

2 pounds of halibut, cut into pieces 1 cup of chicken broth
2 tablespoons of chopped parsely 1 teaspoon of tarragon or dill
1/2cup of grated cheddar cheese 1 egg white, beaten until foamy

How to Prepare:

*Preheat oven to 400
*Into an oven-safe dish, arrange halibut pieces
*Pour in chicken broth; sprinkle fish with parsely and tarragon or dill.
*Bake into preheated oven for 10 minutes; throw away excess liquid.
*Preheat broiler.
*In a bowl, fold grated cheese into beaten egg white.
*Spread cheese mixture over halibut pieces.
*Broil until golden.

Salmon Delight Serves:Two,10,9,9 Prep Time:15 minutes
Effort:Easy

Ingredients:

1 pound of salmon 1/2 mayonase
1/2 tsp paprika 1/2 tsp cayenne pepper
1 tbls dried minced onion 1 tsp chopped garlic
1/4 tsp kosher salt 1/4 tsp ground pepper
1/2 tsp powdered mustard

How to Prepare:

Mix all ingredients in a bowl and let set in the frig for 1 hour.
 This lets all the flavors intenseify.
 Place the salmon on a sheet of aluminum foil, skin side down, take the mixture and cover the salmon completely.
 rap the foil so it is sealed and leaves a pouch for the salmon to steam.
 Place in a preheated (350) and let cook for approximetly 35-45 minutes, depending on the thickness of the salmon.

Sante Fe Salmon Serves:2-4 people,10 CarbsPerServing:1 can of Rotel has 4 carbs
 Prep Time:15 min Effort:Easy

Ingredients:

1/2 Lemon Pinch of Salt & Pepper
 1 1/2lbs. Fresh Salmon Fellet1 can of Mexican Rotel 1/2 cup Mayo

How to Prepare:
 Mix mayo and Rotel.
 Rub the Salmon with salt,pepper, and lemon.
 Coat both sides of Salmon with mixture and place in preheated skillet. Scope the rest of the mixture on top of the fish. Cook for 3-6 minutes on each side or until done and enjoy!!!!

Delicious Tuna Patties :Makes ~4 patties Prep Time:10 minutes
 Effort:Easy

Ingredients:

2 cans tuna fish 1/2 can fried onion (I use French's)
 salt & pepper to taste (I like to use Jane's Crazy Mixed Up Salt)1 egg
 1/2 stick celery finely chopped soy sauce or Asian dressing (optional)

How to Prepare:
 Mix ingredients, shape into patties and fry in pan with olive oil until browned.

Tuna pie Serves:8,7 CarbsPerServing:3 Prep Time:10 minutes
 Effort:Easy

Ingredients:

1 1/2 C. Flour = 1C. Atkins Bake Mix 1 1/2 C. Grated Cheddar Cheese, divided
 1 Tsp. salt 1 Tsp. paprika
 1 stick butter, softened 2 60z. cans of Tuna packed in water, drained
 3 eggs1 C. Sour cream 1/4 C. Mayonnaise
 1/4 C. Green pepper, chopped 1 small onion, chopped fine

How to Prepare:
 Preheat oven to 400 degrees.
 Butter a ten inch deep dish pie pan, and set aside
 In a medium bowl, combine the flour,1C. cheese,salt and paprika.
 Cut the butter in with pastry blender.
 Reserve one cup on mixture to put on top.
 Press the rest on to the bottom and up the sides of the pie pan.
 Arrange the drained tuna on top of the crust.
 Beat the eggs with a mixer until they are light and fluffy.
 Stir in the sour cream and the remaining half cup cheese, mayonnaise, green pepper and onion.
 Pour over tuna and sprinkle with the reserved crumb mixture.
 Bake for 35 to 40 minute.
 Let stand for 15 minutes before cutting and serving.

Mussels! Serves:1 CarbsPerServing:4 Prep Time:10 mins Effort:Easy

Ingredients:

2 Pounds of Mussels 1 tbls spoon of butter
 squeeze of lemon or lime 2 cloves of Garlic minced

How to Prepare:
 Sort your Mussels, If a Mussle is wide open it is bad and must be tossed, a little open is ok.. if you squeeze it shut and it stays shut.. To steam your mussels you just put a little water in a big pot and bring it to a boil dump in the mussels and cover for about 2-5 mins, they are done when they are wide open and white/solid looking on the inside. Remove mussels from heat and start pulling them from thier shells. remove any debris like seaweed or whatever that might be inside.. in a bowl melt the butter and garlic in the microwave for 45 secs pour over your mussels squeeze a little juice on em and ENJOY!!!!... you could also stick this on Spegetti Squash im sure!

Crab & Artichoke Cheese Puff Serves:1 CarbsPerServing:4 net gr
 Prep Time:5 min prep / bake time 20-25 Effort:Easy

Ingredients:

1/2 6-oz can Lump White Crab Meat- drained/patted dry;
 1/2 cup Artichoke Hearts- chopped (I use canned/NOT marinated);
 1 tsp garlic powder;1/2 cup Sargento Pizza Double Cheese (mozzarella/cheddar);
 1/2 cup grated Parmesan Cheese;
 1/2 cup mayonnaise.

How to Prepare:
 Spray a small bakeware bowl with Pam (non-stick spray). Add all

ingredients & stir until well mixed.

Bake 20-25 minutes in 350 degree oven. Very rich. Enjoy.

Shrimp Dumplings

Serves:four

CarbsPerServing:5gr.?

Prep Time:20 min.

Effort:Easy

Ingredients:

One lb cooked shrimp;chopped..2 chopped scallions. 2 slices chopped gingerroot . dash 5 Chinese spice power. mix wellRound Wonton Wrappers . good quauity chicken broth seasoned with ginger a little garlic. chopped parsley.

How to Prepare:

to assemble; place a slight teaspoon on one moistened wrapper ; seal with another.Steam dumplings until done in electric steamer.cool slightly add to prepared broth.

Ceviche

Serves:Depends on how much shrimp you use

Effort:Easy

Ingredients:

Shrimp (raw) cilantro onion tomatoe Lime juice (fresh)
salt pepper garlic Jalepenos (optional)

How to Prepare:

Peel and wash shrimp.

dice all veggies and drop in same bowl with shrimp. Add lime juice and add seasoning- salt, pepper, garlic powder to taste. let sit for 10 to 15 minutes and when shrimp is pink, ready to eat!

Salmon Patties for People Who Don't Like Fish

Serves:4,10,10

CarbsPerServing:3.0

Prep Time:30 mins.

Effort:Average

Ingredients:

2 cans red salmon 1-1/2 c. finely crushed pork rinds (divided)
1 clove garlic, minced 2 large eggs4 tbsp. Parmesan cheese
1/2 c. heavy whipping cream 1 tsp. Worcestershire sauce
2 tbsp. unsalted butter 2 tbsp. canola oil

How to Prepare:

Carefully flake the salmon into a bowl, discarding any small bones, cartilage and skin. Set aside.

In another bowl, combine the garlic, eggs, cheese, cream and Worcestershire sauce. Fold these ingredients into the salmon with a rubber spatula.

Fold in 1/2 cup of the crushed pork rinds. Place the remaining cup of pork rinds on a dinner plate.

Form the salmon mixture into 8 patties. Carefully coat them with the pork rinds. Refrigerate, loosely covered, for 1 hour.

Melt the butter with the oil in a 10-inch nonstick skillet over medium heat. Cook the salmon patties, four at a time, for 3 to 4 minutes per side, pressing down slightly on them with the back of the spatula and add more butter or oil to the skillet if necessary. Remove to paper towels to drain.

Serve with a mixture of mayonnaise and Dijon mustard for dipping.

shrimpcado delight

Serves:1-2

Prep Time:approximately 15 minutes total

Effort:Easy

Ingredients:

shrimp, peeled, one serving(already cooked, detailed)
butter 1 1/2 -2 tbls
garlic, about 3-4 cloves already oven roasted in garlicmushrooms
about 1/2 cup (desired amount
Lemon juice to taste(1/2fresh)
1 med avacado (cut into small bite size cubes
salt and pepper to taste

How to Prepare:

Saute the garlic and oily garlic with mushrooms for approximately 3-5 mins. Add shrimp til warmed through (3 mins) Add avacado at last so you dont over cook it,about 3-5 mins depending on you, keeping it's texture non mushy. Lemon squeezed over top, and salt and pepper to taste, stir fry until warm through and serve alone. Very filling and yummy

Mexican Shrimp II

Serves:4-6 ,10

CarbsPerServing:unknown

Prep Time:20 minutes if shrimp is peeled and cleaned

Effort:Easy

Ingredients:

1.5 lbs shrimp 2 tbl olive oil
1 tbl chopped garlic 2 regular cans of diced tomatoes with green chiles
2 cups mozz. cheese

How to Prepare:

Fry shrimp with garlic in olive oil until shrimp turns pink. Drain cans of tomatoes and add to skillet. Bring to boil. Turn down heat and add cheese. Serve when cheese melts. Quick and easy!!

Salmon Patties

Serves:10

Effort:Easy

Ingredients:

16 oz Can of Pink Salmon, drained
1 teaspoon of ground Black Pepper
1 teaspoon of Dillweed, dried

1 Large Egg
1/2 cup of Dry Grated Parmesean Cheese
Peanut Oil for frying

How to Prepare:

Mix Salmon, Egg, Cheese, Dillweed and Black Pepper well. Form into 9 patties.

In Large non-stick skillet, add enough peanut oil to cover bottom and heat to a medium-high heat. Add Salmon patties and fry on each side till a golden brown.

Caution: While cooking Salmon Patties...they are known to pop and splatter grease everywhere. Cuss words generally follow.

Nutrient Info for entire recipe:

Calories: 834 Fat: 43 Sat: 17 Poly: 8 Mono: 14
Carbs: 4 Fiber: 1 Net Carbs: 3 Protein: 101

Creamy Shrimp And Veggies

Serves:2-4 depending on how hungry you are!

CarbsPerServing:25 total

Prep Time:15 min

Effort:Easy

Ingredients:

1 pound shrimp cooked and peeled
1 Bag Frozen Birds Eye Red Peppers/Broccoli/Mushroom and Onion
1 tbsb Butter 1/3 Cup of Cream
1 tsp Garlic 1 tbsb Parmesan Cheese

How to Prepare:

Sautee Frozen Veggies in Butter until warm.
Add shrimp, cream, and garlic
Simmer on low-Med heat until veggies are done and mix is heated thru.. top with Parmesan cheese and serve!

No carb Cheesy Shrimp Delight

Serves:Just me,10,10,10

CarbsPerServing:0

Prep Time:10 min

Effort:Easy

Ingredients:

8 Large peeled shrimp 2 Tbl butter
1/4 cup parmesan cheesedash salt & pepper 1 tbl-garlic powder

How to Prepare:

First clean shrimp well, melt butter in a sauce pan, add shrimp, salt pepper and garlic, stir fry until shrimp is pink add parmesan, and stir until melted. use a non stick pan. This is yummy with no carbs

Best Tuna Casserole

Serves:4,10

CarbsPerServing:14.5

Prep Time:40 minutes

Effort:Easy

Ingredients:

2 packets Proslim pasta 1 cup celery -- chopped
1/3 cup onions -- chopped 1 (10 3/4 ounce) can cream of mushroom soup, condensed
3/4 cup heavy cream

Serves 4.

Calories: 435.4

Carbs: 14.5

Dietary Fiber: 2.1

1 (9 1/4 ounce) can tuna in water, canned
3 tablespoons Parmesan cheese

2 tablespoons butter

How to Prepare:

Cook the pasta according to the directions on the package but remove after 5 minutes instead of 6. Drain and set aside. Meanwhile, preheat the oven to 375 degrees. Place the butter in the sauce pan and let melt. Add the celery and onions. Cook and stir over medium heat until tender. Stir in the condensed soup and cream. Then gently stir in the pasta, tuna and parmesan. Transfer the mixture to a 1 1/2-quart casserole dish. Bake for 25 minutes or until heated through.

Salmon Pate

Effort:Easy

Ingredients:

1 lge can salmon1 pkg cream cheese (8 oz.)3 T mayonnaise1 T liquid smoke (or more)Sm. can of chopped Black Olives

How to Prepare:

Remove the larger bones from the salmon and blend with mayonnaise and softened cream cheese. Add the liquid smoke (we like a little more than 1 T) and blend. Stir in desired amount of chopped olives.

Fish Pate

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Cod -- steamed, baked, broiled, or leftover - minced finely
celery -- chopped fine, to taste
salt and pepperonion salt
any other seasoning you might like
mayonnaise -- just enough to make stick together, or to taste

How to Prepare:

The restaurant served it with breadsticks and crackers. I usually serve it with celery sticks--unless of course I eat it with a spoon for lunch!

NOTES : Carbs for celery not included (2.2 per diced 1/2 cup)

Anise Shrimp with Zucchini Ribbon Noodles

Serves:10,9,8,5

CarbsPerServing:3 total recipe excluding zucchini noodles and anise

Effort:Easy

Ingredients:

1/4 cup butter 1 teaspoon dried parsley -- flakes
2 cloves garlic -- crushed.. I used garlic salt to taste instead..
lower carbs 1 teaspoon dried anise
1/4 teaspoon ground pepper 12 jumbo shrimp

How to Prepare:

Melt butter in skillet, add parsley, garlic, anise & pepper. Melt & set aside. Clean shrimp, place between paper towels to dry. Just before you are ready to serve dinner, reheat butter mixture, add shrimp, cooking for 2 minutes on either side.

Asparagus with Salmon Sauce

Serves:5,4,4

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 1/2 Cups Heavy Cream 1 pound fresh salmon 2 tablespoons salmon cream cheese
Asparagus

How to Prepare:

Cook Salmon until barely done.

Put Cream in pan and heat, add cream cheese, cook until melted. Add flaked (or chunked fish) Heat through and sauce has thickened. Pour over cooked Asparagus.

Bacon-Wrapped Scallops

Serves:9,8 CarbsPerServing:12 total recipe

Effort:Easy

Ingredients:

1 pound sea scallops -- bay scallops are too small 1/2 pound bacon -- (1/2 to 3/4)

How to Prepare:

Preheat oven to 450*. Rinse your scallops in cold water. Cut your bacon into three sections. Wrap a piece of bacon around each scallop. Secure bacon together with a toothpick. Place on a baking sheet. Bake until your bacon is brown and crispy (Not too crispy though)

Baked Mustard/Mayo Fried Fish

CarbsPerServing:4 total recipe

Effort:Easy

Ingredients:

4 fish fillets -- (4 to 6) 1/4 cup mustard
1 cup mayonnaise 1/2 large bag plain pork skins -- smash with rolling pin
fresh ground pepper

How to Prepare:

Mix mayonnaise and mustard together to make a sauce. Cover fillets with sauce, then coat each side of the fillet with the smashed up pork skins. Put these in the oven on 350 and bake for approximately 15 to 20 minutes. Season to taste with fresh pepper. Enjoy! May use with poultry too! Adjust cooking time accordingly.

Basil-Tomato Tuna Steaks

CarbsPerServing:7 total recipe

Effort:Easy

Ingredients:

1 tablespoon olive oil -- or canola oil 4 tuna steak -- or salmon
1/2 teaspoon salt 1/8 teaspoon pepper 1/3 cup fresh basil leaves -- loosely packed
1 medium tomato -- chopped 1/4 cup shredded mozzarella cheese

How to Prepare:

In a large nonstick skillet, heat oil over medium heat. Add the tuna steaks; cook for 3 minutes on each side or until fish flakes easily with a fork. Transfer to a broiler pan. Sprinkle fish with salt and pepper. Cover with basil leaves. Top with tomato and cheese. Broil 4-6 in. from heat for 2 minutes or until the cheese is melted.

Cedar Plank Salmon

Serves:10,10,10,8

CarbsPerServing:0 total

Effort:Easy

Ingredients:

1 large salmon fillet -- with skin salt/pepper hot pepper oil
cedar planks

How to Prepare:

For the cedar planks: I buy a 8' plank that is 8" wide and 1" thick. You MUST buy "Untreated Cedar" planking. Have the lumber yard cut the plank into 10"-12" pieces.

Soak one of the cedar plank pieces in water for at least 2 hours (do

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this in anything but your kitchen sink!)

Place the salmon fillet skin side down on the plank, brush liberally with hot pepper oil, then salt and pepper to taste.

Place the plank on a hot grill and reduce heat to medium. Grill for about 15-20 minutes (depending on thickness of fillets and how well done you like it). DO NOT FLIP/TURN THE FISH!

Cheesy Salmon Loaf Serves:9

CarbsPerServing:6 total recipe excluding shredded cheese

Effort:Easy

Ingredients:

1 can salmon 1 egg -- beaten
1/2 cup heavy cream 1/2 teaspoon salt
1/2 teaspoon pepper 2 tablespoons melted butter 1 tablespoon lemon juice
1 1/2 cup shredded cheese

How to Prepare:

Combine all ingredients and put into greased breadpan. Bake at 350 F for 30 minutes.

Cajun Fish CarbsPerServing:44 total recipe

Effort:Easy

Ingredients:

1 1/2 pounds flounder fillets -- or other white fish
14 1/2 ounces tomato sauce
1/2 small green bell pepper -- sliced thin
2 cloves garlic -- minced
1/2 cup onion -- sliced thin 2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper
1 pinch cayenne pepper
1 each salt and pepper -- to season fillets

How to Prepare:

Heat oil in a large skillet and saute garlic, bell pepper and onion until limp and very fragrant. Remove veggies and add fillets. Let saute for 2 minutes, then turn. Add veggies and remaining ingredients over fish, cover and reduce heat to low and let simmer for 15 minutes.

Cheesy Salmon Loaf

Serves:9

CarbsPerServing:6 total recipe excluding shredded cheese

Effort:Easy

Ingredients:

1 can salmon 1 egg -- beaten
1/2 cup heavy cream 1/2 teaspoon salt
1/2 teaspoon pepper 2 tablespoons melted butter 1 tablespoon lemon juice
1 1/2 cup shredded cheese

How to Prepare:

Combine all ingredients and put into greased breadpan. Bake at 350 F for 30 minutes.

Chili Fried Prawns

CarbsPerServing:12 total recipe

Effort:Easy

Ingredients:

1 red chili pepper 150 grams shrimp -- (150 to 200)
1/2 lemon -- juiced 2 cloves garlic -- chopped 2 tablespoons Butter
Salad to serve with extra-virgin olive oil to dress

How to Prepare:

Chop the chili and fry gently in butter for a minute or two. Add the prawns and garlic and cook on a high heat for 3-4 minutes until prawns are cooked. Add lemon juice and cook for a further 30-60 secs.

Clams Cassino

Serves:10

CarbsPerServing:12 total recipe

Effort:Easy

Ingredients:

1/4 pound bacon -- fried, drained and crumbled
1 can clam, canned -- drained, minced or chopped
1/2 cup shredded sharp cheddar cheese 2 tablespoons lemon juice
1 dash garlic powder 1 dash parsley flakes

How to Prepare:

mix above ingredients. form into small balls and press into clam shells. sprinkle top w/ paprika. bake 350 for about 20 minutes.

Crab and Salmon Cakes

Serves:5

CarbsPerServing:5 total recipe

Effort:Easy

Ingredients:

6 ounces salmon fillet -- skinned, cut into strips
1/4 cup heavy cream
1 teaspoon salt
1/4 teaspoon pepper
1 pound lump crabmeat 1/4 cup tomatoes -- seeded, finely diced -or
rotel tomatoes with green chilis
2 tablespoons fresh chives -- chopped
2 tablespoons fresh parsley -- chopped
1 tablespoon olive oil

How to Prepare:

In food processor, pulse salmon strips until finely chopped.

With machine running, slowly add cream, salt, and pepper; process until smooth.

Transfer to a medium bowl; stir in crabmeat, tomato, chives, and parsley until well blended.

Shape and flatten into 8 3-inch round cakes.

In large non-stick skillet, heat oil over medium-high heat. Fry 2-4 minutes per side to brown. Drain on paper towel.

Makes 4 servings.

Crispy Snapper and Shrimp Balls

CarbsPerServing:11 total recipe excluding

dipping sauce

Effort:Easy

Ingredients:

1 pound red snapper -- fillets 1 pound shrimp -- peeled and cleaned
1/2 cup finely chopped green onions
1 clove garlic 1/2 cup protein powder -- plain flavor/may need more or less
1/4 cup heavy cream 1 large egg
1/2 teaspoon salt and pepper -- each oil for frying

How to Prepare:

In a food processor, finely chop everything except the oil and protein powder. Stir in powder until the mixture can be formed into firm balls(your choice on size- large marble to golf ball size). Heat oil to 350 in a deep fryer. Fry balls for approximately 5-6 minutes or until nicely browned. Drain well on paper towels.

Oriental type dipping sauce: 2tablespoons dijon mustard, 1/4 cup mayonnaise, 2 tablespoons soy sauce, 1 tsp hot pepper sauce(more or less to taste).

Curry Shrimp

CarbsPerServing:55 total recipe

Effort:Easy

Ingredients:

2 large onions -- sliced 1 1/2 pounds shrimp
2 tablespoons olive oil salt and pepper -- to taste
2 tomatoes -- ripe, peeled, seeded and chopped
1 red bell pepper -- or yellow, chopped 1 tablespoon minced garlic
2 tablespoons minced fresh cilantro
1 tablespoon fresh lemon juice 1 tablespoon ground cumin
1 teaspoon ground coriander 1 teaspoon black pepper
1 teaspoon ground turmeric 1/2 teaspoon fenugreek seed -- ground
ground red pepper -- to taste

How to Prepare:

This is very spicy, like curry you would get in London. You can eat it like a "stew" and serve it to your spouse over rice if he/she is not also on the diet. BTW, I got this out of Joy of Cooking, pg 515. Slow-cooked onions and shrimp stock make this curry rich and flavorful.

Place onions in a large, heavy saucepan or large, deep skillet: Cover and cook over med-low heat, stirring every 10 minutes, until the onions begin to brown and almost stick to the pan, about 30 min. Meanwhile, peel shrimp

Simmer the shells in just enough water to cover for 10 min. Strain and measure 1 c. stock (save rest for thinning it out later)

To the onions add olive oil salt and pepper

Increase heat to med and cook, stirring occasionally, until the onions are deep brown and very tender, almost falling apart. Add the shrimp stock along with all other ingredients except shrimp.

Bring to a boil over mid-high heat. Reduce the heat to med-low and cook, stirring occasionally, until the tomatoes break up and the mixutre is very saucelike. Taste-adjust seasonings. Stir in the shrimp and cook until pink and firm, 3-4 minutes. Garnish with cilantro

Deep Fried Fish

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

1. Select a type of fish you enjoy. I use Red Snapper.
2. Debone it thuroughly.
3. Cut into small chunks.
4. Soak small chunks in beaten eggs.
5. Roll fish in grated parmesan cheese.
6. Deep fry until done. (with Red Snapper it's about 8 minutes)

Delicious Seafood casserole

CarbsPerServing:16 total recipe excluding sherry, parmesan and lemon juice

Effort:Easy

Ingredients:

1/2 pound lobster meat 1/2 pound crab meat
1/2 pound sea scallops 1/2 pound jumbo shrimp
1/4 cup heavy cream 1 tablespoon old Bay Seafood seasoningsalt/pepper
dry sherry 1/4 cup mayonnaise
1/4 cup flax meal parm cheese fresh lemon juice

How to Prepare:

chop up the lobster meat and scallops to about 1/4 inch in size, de-shell the crab and de-vein the shrimp. saute the scallops in butter and salt/pepper until translucent...add to the rest of the seafood into a large bowl. Add enough mayonnaise (approx 1/4 cup) to the seafood mixture to just make it a littl wet. add a approx. 1 TBS of seafood seasoning and the juice of one lemon to the seafood mixture as well....sprinkle 1/4 of flaxmeal and 1/4 of heavy cream, along w/ a squirt of dry sherry to taste...mix all of this together in a large bowl. put the mixture in a large casserole dish so that it sits approx. 2 inches deep. sprinkle the casserole with parmesan cheese and a little paprika to taste.

bake at 400 for approx 35 minutes or until golden....delicioso!

Deviled Crab

CarbsPerServing:5 total recipe

Effort:Easy

Ingredients:

1 pound crab meat -- backfin or lump blue 2 eggs
2/3 cup mayonnaise 1 tablespoon prepared mustard2 teaspoons salt
2 teaspoons pepper Old Bay Seasoning (add to your taste like about 3 tbsp)

How to Prepare:

Preheat oven to 350 degrees, lightly grease a glass pie plate or 8x8 pan

Put crab meat in a large bowl and check carefully for cartilage. Be careful not to break up the lumps.

Set aside In another bowl, mix mayonnaise, melted butter, eggs, salt, pepper and Old Bay. Stir this together until will blended.

Pour the mayonnaise mixture over top of the crab meat. With a rubber spatula carefully fold this into the crab meat, till well distributed.

Again, being careful not to break up the lumps.

When you have well mixed the crab and mayonnaise mixture, transfer to a lightly greased glass pie plate or 8x8 glass baking dish.

Bake until golden and bubbly.

This is wonderful as an appetizer or a main dish. If main dish, serve with a nice side salad. Enjoy!

Dover Sole Rolls

CarbsPerServing:6 total recipe excluding crab

Effort:Easy

Ingredients:

12 dover sole fillet 1 pound cooked shrimp -- salad size
1 can lump crab meat 3 tablespoons butter
1/2 cup green onion -- chopped1 clove garlic -- or more to taste
1/2 cup parmesan cheese 1 dash black pepper -- to taste 1 dash salt

How to Prepare:

Heat oven to 375 degrees.

Lay the sole in a baking dish and sprinkle with salt -- let sit while preparing the filling.

In a skillet, melt butter and saute onions & garlic until soft. Add shrimp and crab meat and heat through. Add black pepper to taste. While that is heating, drain any liquid off the fish fillets.

Add parmesan cheese to the shrimp/crab mixture and stir until melted. Then drop tablespoon-size portions of the shrimp mixture onto the fish fillets and roll up (you can secure with a toothpick, but I just arrange it so that the "seam" is at the bottom.)

Arrange the fillets in the baking dish as far apart from one another as possible. If there is any shrimp mixture left after filling all the fillets, spread it over the top of the fish rolls. Then, if you wish, sprinkle a little more parmesan over the top. (I also added a little paprika for color.)

Bake uncovered for 35-40 minutes or until fish is flaky.

Easy Shellfish Stew

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Start with a can of chicken broth. Throw in your favorite shellfish (crab, shrimp, clams, oysters, etc), a can of mushrooms, a handful of chopped dill, some coarsly ground black pepper and about 3 Tablespoons of butter. Simmer till everything is cooked and the flavors have blended. Pour in a pint of heavy cream. Bring to a simmer, remove from heat and serve.

You can knock this out in about 15 minutes and it's great on a cold day.

EASY SHRIMP SCAMPI

CarbsPerServing:2 total recipe

Effort:Easy

Ingredients:

1 pound Cooked Shrimp - Defrosted

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3 ounces Butter2 teaspoons garlic -- chopped - to taste
2 handfals Pork Rinds

How to Prepare:

Whiz the pork rinds in a food processor until the consistency of breadcrumbs. Set aside.

Remove the tail shells from the shrimp. Set aside.

Place the butter and garlic in a pan suitable for frying/baking and saute the garlic until its starts turning clear - be careful not to burn it or it will taste bitter. Add the shrimp and saute on medium heat for about 5 minutes.

Top the shrimp with the crushed pork rinds. Place the pan under the broiler for 3 or 4 minutes or until the pork rinds get crisp and brown(er).

Very rich and very filling. Pork rinds actually add to the flavor instead of overpowering it. Great for a quick mid-week supper.

English Tuna Burgers CarbsPerServing:3 total recipe excluding chopped spices

Effort:Easy

Ingredients:

2 185g Tuna in oil 2 ounces cheddar cheese -- finely grated
2 teaspoons soy sauce 2 egg yolks2 tablespoons spring onions -- chopped
chopped coriander/oregano/basil - whatever works for you -

How to Prepare:

Drain tuna and flake into a bowl, add all ingredients and mix well. Either leave for a couple of hours(really brings out flavours) or preheat oven to medium-high heat, lightly grease a baking tray and using fingers either pat and roll mixture into two equal patties or make little bite-sized balls. Place on baking tray an inch or so apart. Bake for approx 20mins until browned and sizzling. Serve hot with salad or refridgerate - a perfect cold protein snack. Substitute tuna for salmon, crabmeat, minced prawn...Mmm!

Fish batter for Deep frying CarbsPerServing:1 total recipe excluding soy powder

Effort:Easy

Ingredients:

2/3 cup soy powder 1/2 teaspoon salt
1/2 teaspoon baking soda1 tablespoon vinegar 2/3 cup water

How to Prepare:

Cut fish into 2 x 1 1/2 in. pieces. Pat dry with paper towels. Mix powder and salt. Set aside. Mix baking soda and vinegar. Stir vinegar mixture and water into powder mixture, beat until smooth. Dip fish into batter, allow excess to drip off into bowl. Fry for about 3 minutes. Drain on paper towel. The recipe says this will coat a pound of cod or other lean fish fillets.

Fish with Cucumber Sauce CarbsPerServing:6 total recipe Effort:Easy

Ingredients:

2/3 cup cucumber -- chopped and seeded 1/2 cup radishes -- chopped
1 teaspoon vegetable oil
2 tablespoons tarragon vinegar1/4 teaspoon dried tarragon
salt and pepper -- to taste 4 tilapia fillets (6 ounces each)
2 tablespoons butter

How to Prepare:

Combine first six ingredients in a small bowl; mix well. Let stand at room temperature while preparing fish. Saute tilapia (also known as St. Peters Fish) in butter in a large skillet over medium heat for two to three minutes on each side or until fish flakes easily. Transfer to serving plate. Spoon cucumber mixture over each serving. Serves four.

Four Seasons Crab Cakes CarbsPerServing:11 total recipe excluding lemon juice

Effort:Easy

Ingredients:

2 pounds lump crabmeat 1/2 pound cod fillets -- fresh
1/2 cup heavy cream -- (1/2 to 1) 1 Tablespoon Dijon mustard
2 teaspoons sesame oil
2 Tablespoons parsley -- finely chopped2 Tablespoons chives -- finely chopped
2 Tablespoons basil -- julienned
Salt and pepper to taste Juice of 1/2 lemon Olive oil for sauteing

How to Prepare:

Pick through crabmeat, removing all shells but being careful not to break up the large lumps too much. In a food processor, grind codfish until pureed. Add 1/2 cup of heavy cream and puree until incorporated. Then add more cream if needed. The mixture should be smooth and shiny, yet firm enough to hold its shape.

Place this mousse in a metal bowl and add the other ingredients, except for the olive oil.
Take a small portion of the crab-cake mixture and saute in hot olive oil until golden brown. Taste to adjust seasoning.

Form the rest of the crab cakes and saute in hot olive oil until golden on both sides. Finish by baking in a 450-degree oven for 4-5 minutes. Serves six to eight

Fried Sea Scallops

CarbsPerServing:10 total recipe

Effort:Easy

Ingredients:

1 pound sea scallops -- fresh
HOT pork rinds -- crushed salt -- to taste (optional)

How to Prepare:

Heat oil in skillet. Crush the pork rinds into a fine powder. Add the salt. I do it in a large zip lock baggie. Add the scallops to the baggie and coat really well with the pork rinds. Fry them until they are good and crispy.

Halibut Steaks

CarbsPerServing:19 total recipe

Effort:Easy

Ingredients:

3 tablespoons lemon juice 1 teaspoon salt
1/2 teaspoon paprika 6 halibut steaks 1/2 cup chopped onion
2 teaspoons butter 1 green pepper -- cut into 6 strips

How to Prepare:

Combine first three ingredients, marinade halibut in it for at least one hour. Cook chooped onion in butter until just soft.

Preheat oven to 450. Place steaks in greased glass baking dish and top with cooked onion and pepper strips. Bake for 10 minutes, or until fish flakes easily.

Indian Style Tuna Kebabs

CarbsPerServing:17 total recipe excluding

tuna and coriander

Effort:Easy

Ingredients:

1 can tuna in brine 1 small red onion
2 ounces cheddar cheese -- mild 1 teaspoon chili powder
1/2 teaspoon salt 1/2 teaspoon cumin seed 1 egg -- beaten
fresh corriander 1 egg -- beaten for coating

How to Prepare:

add all ingredients into a bowl and mix well once all ingredients are mixed into a dough take a handfull and roll into a ball then flatten like a burger
Once firmly into shape coat with egg by dipping the kebab into the egg mixture turn over and then straight into the frying pan.
make sure the pan is coated with 3 tbsps of oil (any).
once side is cooked then turn until golden brown.
once cooked as they cook very quick serve with salad and sour cream and onion dip.
makes about 7-8 kebabs

Salmon Dinner

CarbsPerServing:10 total recipe

Effort:Easy

Ingredients:

1 salmon steak -- (chopped up) 1 tomato -- small
2 ounces feta cheese 1/2 teaspoon garlic salt -- (approx.) 1 tablespoon oil
salt pepper 1 tablespoon lemon juice

How to Prepare:

fry up the chopped salmon with all the flavourings.... then add the diced tomatoes and feta and lemon juice.... and voila!!

Marinade for Fish

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

I made this with Salmon and it was to die for.

Rub fish with black pepper. For marinade mix olive oil, a little sessami oil, and a little soy or teriyaki sauce.

Let fish sit in the marinade at least 30 min and upto two days.

To grill, add a little bit of oil to the pan and heat very hot until starts to smoke. Add fish and grill a 1-2 minutes per side. Longer if you like you fish well done.

Mexican Shrimp

CarbsPerServing:16 total recipe

Effort:Easy

Ingredients:

18 ounces shrimp -- uncooked, peeled 2 cloves garlic -- minced

1 tablespoon oil 1/2 cup salsa 1/4 cup chopped fresh cilantro
 1 cup shredded cheddar cheese
 How to Prepare:
 Cook shrimp and garlic in oil for about four minutes, or until just opaque.
 Stir in salsa and remove from heat. Stir in cilantro.
 Divide into four overproof bowls and sprinkle evenly with cheese.
 Place
 under broiler for 2-3 minutes, or until cheese is brown and bubbly.

Oh So Good Salmon

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

A nice size salmon filet w/the skin Adobo seasoninggarlic powder
 2 pats of butter -- (2 to 3)

How to Prepare:

Place salmon filet on aluminum foil (spray foil with non stick spray. Season filet with adobo and garlic and place butter pats on top. Pop in the broiler until cooked (usually around 10 mins or so).

Orange Roughy

CarbsPerServing:13 total recipe

Effort:Easy

Ingredients:

4 Orange Roughy Fillets 1/2 cup chopped Pecans
 2 tablespoons Olive Oil2 tablespoons lemon juice -- fresh or bottled
 2 tablespoons Butter

How to Prepare:

Brush fillets lightly with Olive Oil. Take the oiled fillets and press onto the chopped pecans. Place in a heated skillet with the remaining oil and cook approximately 3 - 5 minutes on each side. Remove the fillets and place in the oven to keep warm. Place the the remaining pecans, lemon and butter in the frying pan where the fillets were to make a sauce. Stir the mixture until the pecans are toasted. Add more butter if you wish. Pour sauce over fillets and enjoy.

Oven-Fried Fish

Serves:7

CarbsPerServing:28 total recipe

Effort:Easy

Ingredients:

2 pounds firm fish -- cut into serving size pieces 1 tablespoon salt
 1 egg -- beaten1/2 cup flax seed -- 1 cup ground -- 1/2 cup seeds
 should grind to 1 cup 1 teaspoon onion powder 1 teaspoon chili powder

How to Prepare:

Add salt to beaten egg, mix well. Mix ground flax seeds, onion powder and chili powder. Dip fish into egg, then roll in dry ingredients. Place in foil-lined baking dish. Pour melted butter over fish. Place pan on shelf near top of oven. Bake 10-12 minutes at 500 F.

Parmesan Crusted Sole

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 fillets sole or flounder lemon juice (or ReaLemon)
 salt pepper
 garlic powderonion powder 6 tablespoons grated parmesan cheese
 2 tablespoons butter

How to Prepare:

Preheat the broiler. Spray a pan lined with aluminum foil with Pam or brush with olive oil.

Rinse the fish in cold water and cut away any parts with bones. Lay the fish on the pan. Drizzle with lemon juice. Sprinkle salt, pepper, garlic powder and onion powder to taste. Sprinkle each fillet with 3 tablespoons grated parmesan cheese (or more to taste). Using a knife, place small pieces of butter on the fish (not too close together).

Pecan Crusted Roughy

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

10 ounces orange roughy fillets -- or any mild fish - 2 fillets
 4 tablespoons mayonnaise
 2 tablespoons ground pecan mealMcCormack's Old Bay Style Seafood seasoning

How to Prepare:

Preheat the oven to 400 degrees. Spray a baking dish with Pam, or brush with a light coating of oil. Place the filets in the pan, and sprinkle with a little of the seafood seasoning, then turn over and season the other side as well. Spread each filet with 2 T mayo (or slightly less to taste, but it should be a fairly thick coating), and sprinkle with 1 T. pecan meal.

Bake for approximately 15-20 minutes, or until fish turns opaque and flakes.

Quick & Easy Shrimp Alfredo

Serves:10,10

CarbsPerServing:14 total recipe

Effort:Easy

Ingredients:

2 ounces cream cheese 1/2 teaspoon garlic -- (wet is best)
 2 tablespoons butter
 2 Tablespoons Onion -- chopped fine 2 cups zucchini -- peeled & shredded
 1/2 cup grated parmesan cheese 1 pinch salt
 1/2 pound small shrimp

How to Prepare:

Melt butter in frying pan. Add onion and cook until clear but not browning. Add garlic, and shredded zucchini . Cook for 2 minutes

Cut cream cheese into small pieces and put in pan, and add parmesan cheese. Add shrimp and salt and cook until shrimp are done.

Remoulade

CarbsPerServing:15 total recipe

Effort:Easy

Ingredients:

1/3 cup mayonnaise 1/4 cup dijon mustard
 1/4 cup vegetable oil 1 tablespoon lemon juice
 1 tablespoon horseradish -- prepared, white 2 tablespoons minced fresh parsley
 1 1/2 teaspoons tarragon -- minced, fresh 1 1/2 teaspoons gherkins --
 minced, or sweet pickle relish 1 1/2 teaspoons capers -- drained, chopped
 1/2 teaspoon minced garlic 1/2 teaspoon anchovy paste
 1 tablespoon paprika -- sweet Salt and pepper Liquid hot pepper sauce

How to Prepare:

Combine mayo, mustard, oil, lemon juice & horseradish. Blend well. Stir in parsley, tarragon, gherkins, capers, garlic, anchovy paste & paprika. Season with salt, pepper & hot pepper sauce. transfer to covered container, and refrigerate for 2 hours.
 Keeps 4-5 days.

(Great over Salmon) Makes 1 1/4 cup

Rich Tuna Salad

Serves:10

CarbsPerServing:11 total recipe

Effort:Easy

Ingredients:

6 ounces tuna in water, canned 4 ounces cream cheese
 1/4 cup mayonnaise 2 stalks celery -- chopped fine
 2 tablespoons onion -- chopped fine 1 medium dill pickle -- chopped fine
 2 tablespoons parsley -- minced-if desired 1/2 teaspoon salt and pepper -- each

How to Prepare:

Bring cream cheese to room temp to soften then mix all ingredients together well. This is a very rich take on tuna salad and I love this if I haven't had enough fat and calories for the day -just spread 1-2T in a lettuce leaf for a "quick fix" that's satisfying:) You could also stir in 1/4 cup shredded cheddar cheese if you like.

Salmon & Spinach Roulade

CarbsPerServing:20 total recipe

Effort:Easy

Ingredients:

8 ounces spinach 4 eggs
 400 grams salmon 4 tablespoons mayonnaise 1 small onion

How to Prepare:

Spinach - fresh or frozen, cook and squeeze out moisture then finely chop.
 Beat in 4 egg yolks. Whisk the egg whites and fold into the mixture.
 Place in a swiss roll tin (flat baking tray) lines with non stick baking paper.
 Bake at 200c 400f for approx 12 minutes. Turn out and allow to cool.
 Mix 400 gms of salmon, cooked fresh or tinned, with 4 tablespoons of mayonnaise and 1 small onion chopped finely. Spread along the roulade and roll up
 like a swiss roll. Place back in oven for 15 to 20 minutes.

SALMON BALL

CarbsPerServing:25 total recipe

Effort:Easy

Ingredients:

1 can salmon (red or pink is more attractive)
 2 tablespoons horseradish -- mounded, squeezed 8 ounces cream cheese -- softened
 Salt -- to taste 1/2 cup nuts -- chopped

How to Prepare:

Blend all ingredients except nuts (use a food processor if you want a smoother texture); chill. Roll in nuts before serving.

Here's an excellent variation on the traditional cheese ball. It's quick and easy to prepare, so providing an elegant-tasting appetizer for dinner guests doesn't have to be a chore--the only other thing you need is a box of crackers. Note that red or pink salmon lends an attractive color. You can omit the nuts, if you prefer. The ball keeps

2 to 3 days. Serves 4-6.

Salmon Fritters

CarbsPerServing:4 total recipe

Effort:Easy

Ingredients:

1 can pink salmon -- (pink is cheaper then red and works great in this recipe)

1 1/2 cup finely crushed pork rinds (make sure after the pork rinds are crushed they make 1 1/2 cups chop in food processor for best results. 1 clove garlic -- chopped fine
 1 egg 2 tablespoons parmesan cheese 1/4 cup heavy cream
 1 teaspoon worcestershire sauce canola oil for frying

How to Prepare:
 Mix together well the ingredients and form 1 inch balls and deep fry till crispy brown all over.

Salmon Puffs

CarbsPerServing:7 total recipe

Effort:Easy

Ingredients:

14 1/2 ounces salmon, canned -- drain; pick out bones and skin
 1 large egg 1 teaspoon tabasco sauce
 3 tablespoons protein powder
 1/2 teaspoon salt and pepper 1/4 cup celery -- diced fine
 1/4 cup onion -- diced fine 1/2 cup pork rinds -- crush then measure
 2 ounces cream cheese -- cut into cubes oil for frying

How to Prepare:
 Mix everything well and shape into balls (you may need to add more protein powder if they're too wet to hold their shape, or a little cream if too dry). Deep fry at 350f for 3-4 minutes or until golden brown. Drain well on paper towels.

Salmon with lemon pepper and cumin crust

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

salmon filet or steak cumin seeds -- freshly ground
 freshly squeezed lemon juice ground pepper -- five spice blend sea salt
 bay leaves (2-3 depending on size) butter

How to Prepare:
 Preheat oven to 375 degrees
 -place salmon in a baking dish and brush on melted butter.
 -Sprinkle salmon with lemon, salt, pepper and cumin until completely covered.
 -Place two to three bay leaves on top and bake at 375 for 35-40 min.

This is an awesome way to prepare fresh salmon! It's quick and easy too.
 The cumin combined with the lemon and pepper gives the salmon a unique taste that's both tart and spicy. I've found though that with this recipe, the longer you bake the salmon, the more cumin lemon flavour you get. (For those of you who prefer very moist seafood, try roasting the cumin before adding it to your salmon.)

SalsaTuna

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 cans tuna in spring water
 1 dollop of sour cream to taste 1 jar salsa (mild -- medium or hot)

How to Prepare:
 mix together and serve over bed of lettuce or use as a dip for celery or pork rinds or just eat it out of the bowl Mmmmm tastes like hot shrimp!!

Seafood and Sausage Snack/Spread

CarbsPerServing:3 total recipe

Effort:Easy

Ingredients:

1 can Tuna 4 sausage links 200 g shrimp -- peeled
 3 tablespoons mayonnaise

How to Prepare:
 Cook sausage. Let cool and cut into bite size pieces. Mix all ingredients in a bowl. Add seasoning to taste. Makes a great snack or spread. Enjoy!

Seafood in Cream Sauce

CarbsPerServing:14 total recipe

excluding seafood

Effort:Easy

Ingredients:

4 tablespoons butter 1/2 pint heavy cream
 4 cloves garlic 2 teaspoons lemon pepper salt -- to taste
 1/4 cup parmesan cheese seafood of choice

How to Prepare:
 In a small saucepan heat about a half of stick of real butter. Simmer until all melted. Then add about a half of a pint of heavy whipping cream. Bring to a low boil then reduce heat to simmer. Add 4 cloves of garlic and then 2 tsp. of lemon pepper and salt to taste. Add 1/4 cup of parmesan cheese to liquid to thicken. Once the consistency has thickened add your favorite seafood...i.e; chopped clams, real crabmeat, lobster or shrimp. Continue to heat thoroughly through your seafood then top with fresh parsley!

Tuna Loaf

CarbsPerServing:6 total recipe excluding caesar dressing

Effort:Easy

Ingredients:

1 can tuna 1/2 cup finely crushed pork rinds
2 tablespoons butter
1 egg -- slightly beaten (2 eggs would make it a bit firmer)
salt and pepper -- to taste 1/4 cup heavy cream
1/4 cup warm waterTopping: 4 ounces cream cheese
1 tablespoon Caesar Dressing (Cardini's is the BEST! no
carbs) Great taste 1 1/2 tablespoons heavy cream

How to Prepare:

Mix ingredients, Bake in buttered pyrex dish at 350 for 25-30 minutes until set. (With only one egg, it doesn't set very firmly.)
Top with cream cheese, softened with salad dressing and cream to spreading consistency.

Tuna with Roasted Pepper Sauce

CarbsPerServing:12 total recipe

Effort:Easy

Ingredients:

SAUCE:

1/2 cup roasted red peppers -- 1/2 - 3/4, drained 1 1/2 teaspoons dried dill weed
2 teaspoons garlic -- fresh, finely chopped 1/4 teaspoon salt
1/8 teaspoon pepper 1/3 cup sour cream

TUNA:

2 thick tuna steaks -- (1") 1 tablespoon Olive Oil
1 teaspoon paprika 1 teaspoon chili powder

How to Prepare:

Prepare grill, heat until coals are ash white. Cut each tuna steak into 2 pieces. Combine oil, paprik & chili powder in small bowl. Brush onto both sides of tuna. Place tune on grill. Grill, turning once, until fish flakes easily with fork (8-12 mins). Meanwhile, combine all sauce ingredients EXCEPT sour cream in 5 cup blender or food processor fitted with metal blade. Blend at high speed until smooth (30 seconds). Pour pepper mixture into 1 qt saucepan. Stir in sour cream with wire whisk. Cook over med heat until heated thru, 1-2 minutes. Spoon sauce onto serving plates, top with tuna.

Tuna/Zucchini Bake

CarbsPerServing:8 total recipe

Effort:Easy

Ingredients:

Zucchini layer 1 cup zucchini -- shredded
1 tablespoon butter 1/2 teaspoon mustard powder
1/4 teaspoon salt 1/4 teaspoon pepper
2 Tablespoons parmesan cheeseTuna layer 6 ounces canned tuna
1 egg -- beaten 1/2 teaspoon garlic powder
1/2 teaspoon oregano 1/2 teaspoon paprika 1/2 cup shredded cheddar cheese

How to Prepare:

Mix zucchini layer ingredients and microwave for 60 seconds. Drain excess moisture from zucchini mixture. Spray a cake pan with Pam and spread zucchini mixture into the pan. Mix tuna layer ingredients. Spread tuna mixture over zucchini. Sprinkle top w/ parmesan cheese, if desired. Bake at 400 degrees for 20 minutes or until tuna is firm and brown on top.

Spicy Salmon Steaks!

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

4 Salmon steaks
1 tsp garlic minced.(use powdered if fresh is not available)
1 tsp Ginger minced.(use powdered if fresh is not available)1 tsp
ground cumin 1 tsp ground chilli
1/4 c lemon juice salt to taste
3-4 tbsp soy flour (add a pinch of the cumin chilli and salt)

How to Prepare:

Hot oil for frying (deep fryer is best)

Mix all ingredients (except flour)in bowl. Marinate salmon steaks for at least 30 minutes turning every 5-10 minutes. After at least 30 minutes coat each salmon steak in the flour mixture completely and drop carefully into hot oil. (make sure there is enough oil to cover the steaks. Fry until brown and cooked. Remove from oil and put on paper towel to soak excess oil. Serve with salad or vegetables.

PORK MEALS

Slow Cooked Pork, Cabbage and Onions

Serves:4-6 easily,7

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CarbsPerServing:Per entire recipe: 1453 Calories (kcal); 54g
Total Fat; (32% calories from fat); 174g Protein; 75g
Carbohydrate; 31g fiber; 496mg Cholesterol; 3857mg Sodium
Prep Time:varies
Effort:Easy

Ingredients:

3 pounds lean pork shoulder -- cut into bite-sized pieces
1 large head of cabbage -- cut into chunks 1 large onion -- cut into 1" pieces
1 teaspoon salt 1/2 teaspoon black pepper
3 each whole cloves 1/8 teaspoon nutmeg
6 ounces diet rite or other diet cola 1 teaspoon caraway seeds
6 ounces beef broth

How to Prepare:

Preheat oven to 300f.

In an oven proof pan with a tight fitting lid, saute onion in bacon grease until slightly translucent. Add pork cubes and saute for 5-6 minutes or until they change colors. Then add the cabbage and remaining ingredients. Bring to a simmer, cover tightly with lid. Place in oven and let cook for 3-4 hours.

You can strain the juices out and reduce them and serve with the dish or just use a slotted spoon and serve as-is.

Serve in a bowl with a dollop of sour cream on top.

Chorizo 2

Serves:Nutritional info for entire recipe.

Divide by number of servings you get.,10

CarbsPerServing: 638 Calories (kcal); 44g Total
Fat; (62% calories from fat); 52g Protein; 8g Carbohydrate; 4g
fiber; 165mg Cholesterol; 1356mg Sodium
Effort:Easy

Ingredients:

1 pound lean pork shoulder -- or tenderloin 1 tablespoon hot chili powder -- or mild
1/2 teaspoon salt 1/2 teaspoon black pepper
1 teaspoon ground cumin 1 teaspoon ground oregano
2 tablespoons olive oil 2 tablespoons water
1 teaspoon red pepper flakes 1/2 teaspoon garlic powder

How to Prepare:

Roughly chop pork then process in pulses in a food processor until very fine. Add remaining ingredients and pulse to blend thoroughly.

You want almost a pate/paste consistency.

Refrigerate covered overnight to allow flavors to blend.

Form into patties or crumbles and fry until cooked through. Cook thoroughly.

Sausage Balls

CarbsPerServing:5g carbs total

Effort:Easy

Ingredients:

1 pound sausage 1 cup cheese -- or more if needed

How to Prepare:

I form this into balls and bake at 400 until done. They are wonderful as snacks.

Kale and Sausage

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 tube of pork sausage 1 bunch kale 1/2 stick butter

How to Prepare:

Make patties out of the bulk pork sausage and start frying. Wash the kale in vinegar water; shake off excess moisture. Cut the kale every 1/2 inch crossways with a scissors into about one inch of boiling water in a large kettle. (It cooks down quite a bit; I also add butter when I cook it.) Fry the pork slowly because the kale takes about 45 minutes of simmering to get tender.

Either mix with pork or serve them side-by-side. A delicious way to eat your greens. (If you cut the kale thin enough it's almost the texture of fettucini.)Enjoy.

Italian Sausage and Greens

Serves:4

CarbsPerServing:16.25g

Effort:Easy

Ingredients:

1 tablespoon extra virgin olive oil 1 pound italian sausage -- sweet or hot
1 pound kale (or mustard greens or collards or turnip greens or escarole)
3/4 pound mushroom minced garlic (to your taste -- we like it with a lot of garlic)
dried red pepper flakes (also to taste) salt and pepper
2 cups chicken stock -- or water

How to Prepare:

Cut sausage into bite size or smaller pieces, brown in olive oil. Trim and slice mushrooms. When sausage is done, remove from pan and set aside. Put mushrooms in pan. While mushrooms are cooking trim leaves from their stems and chop into 1/2 inch long pieces. Roll leaves up and slice into thin strips. Brown chopped up stems, then add garlic, dried red pepper and green leaves. Cover and cook a few minutes Add sausage and liquid and cook until greens are done.

Serves 4

NOTES : Counts for protein powder not included in totals.

Spinach Stuffed Pork Chops

Serves:10,10,10

CarbsPerServing:12g carbs total

Effort:Easy

Ingredients:

1/4 cup chopped onion 1 box frozen spinach --
thawed and squeezed 2 cloves garlic -- minced

2 tablespoons butter 2 tablespoons water 6 pork chops -- for stuffing
 1/4 cup olive oil 1/2 cup water

How to Prepare:

Saute onion and garlic in butter until soft. Add spinach and 2 tbsp water. Mix well and heat through. Stuff this mixture into the pocket of the pork chop. Close pock with toothpicks. Heat olive oil in skillet, add chops and brown on both sides. Transfer to baking dish, adding 1/2 cup water. Bake for 1.5 hours or until chops are tender.

NOTES : Counts allow for 1 cup spinach, or 6 carbs - adjust accordingly.

Savory Rosemary Pork

Serves:8,8

CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

4 pork cutlets -- thinly sliced 1 clove garlic -- to taste
 2 teaspoons rosemary -- to taste salt -- to taste
 black pepper -- to taste 2 tablespoons heavy cream 1 tablespoon sour cream
 2 large mushrooms olive oil

How to Prepare:

1) Sautee pork and mushrooms and seasonings in olive oil over medium heat until lightly browned.
 2) Turn heat to low, add cream and sour cream stir continuously until warm. Do not let this boil.

Paprika Pork Chops

CarbsPerServing:21g carbs total

Effort:Easy

Ingredients:

4 pork chops 3 tablespoons paprika -- (3 to 4)
 salt and pepper 1 tablespoon Mrs. Dash
 1/2 cup sour cream 1/2 cup heavy cream 1/3 cup water
 3 egg yolks 3 slices bacon -- diced 1/4 cup butter

How to Prepare:

Saute the bacon in skillet until golden brown, remove. Saute pork chops on both sides in bacon fat. When chops are browned on both sides, remove. To the pan add salt and pepper, paprika, Mrs. Dash, and water. Scrape the pan drippings to release into mixture. Allow to reduce by 1/3 over low heat, just below a boil. Beat egg yolks, add a bit of the mixture into the egg yolks and whisk.....do not allow yolks to scramble.....then add to mixture. Remove from heat...whisk in butter and sour cream. Add chops to reheat. Serve with low carb aktins noodles (egg whites beaten, salt, and egg yolks folded in.....spread on a greased cookie sheet and baked for 10 min 350 degrees, then sliced into strips when cool.

NOTES : Counts for mrs.dash not included - adjust accordingly.

SMOTHERED PORK LOIN CHOPS

Serves:4,9,10

CarbsPerServing:5.5g

Effort:Easy

Ingredients:

1 thick cut pork loin chops -- (4 1/2") 1 tablespoon flour
 1 tablespoon butter meat tenderizer
 fresh cracked pepper 1 cup chicken stock 1 shallot -- minced
 1 tablespoon parsley 1/2 cup whipping cream
 8 ounces fresh mushrooms -- sliced 4 tablespoons olive oil

How to Prepare:

Season pork with tenderizer and pepper. In a fry pan heat 1 T olive oil and saute the shallot till tender. Add butter to pan and combine flour to make a roux, cook for 3 minutes to remove flour taste. Add in chicken stock and cook till thickened slightly. In a separate pan add 3 T olive oil and fry the pork till cooked through. Add mushrooms to the sauce and cook till tender, add the cream and reduce the sauce till thick and bubbly. Toss in the parsley and serve over the pork loins. Serves 4
 Hint: After cooking the pork, drain off as much oil as possible and add the pan drippings to the finished sauce.

Juicy Pork Tenderloin

CarbsPerServing:12g carbs total

Effort:Easy

Ingredients:

2 pounds pork tenderloin 1/4 cup vermouth
 2 cloves garlic -- minced 3 tablespoons artificial
 sweetener 1 teaspoon worcestershire
 sauce 1/2 teaspoon salt 1/2 teaspoon red pepper
 3 tablespoons sugar free ketchup
 2 teaspoons rosemary -- fresh, finely chopped

How to Prepare:

cut tenderloin into 2 strips, lengthwise. Mix marinade and rub into meat. Refrigerate for 2-4 hours. Place on roasting rack in pan. Roast for 35-45 mins or until juices run clear. Let stand 10 minutes, cut into slices and pour pan juices over meat.

4-6 servings

NOTES : Carbs for sugar free ketchup not included in above total - adjust accordingly

Pork Casserole

Serves:4,10

CarbsPerServing:8.75g

Effort:Easy

Ingredients:

12 ounces fresh	mushrooms	1/4 cup chopped onion
3 tablespoons butter	1 pound pork browned and drained	
1 package frozen spinach --	thawed1 pinch seasoning	
3/4 cup heavy cream	2 eggs	1 cup Swiss cheese

How to Prepare:

Preheat oven to 375 and grease casserole dish with butter. In a bowl, combine cream, egg, and the egg yolks. Pour cream/egg mixture over everything else, browned and simmering. Bake 30 minutes.

Servings: 4

Crock Pot Pork Chili Verde

CarbsPerServing:46g carbs total

Effort:Easy

Ingredients:

2 pounds pork -- 2 to 3	(boneless country-style
pork ribs or pork stew meat)	1 medium onion -- diced
16 ounces green salsa	(salsa verde)2 teaspoons chili powder -- or more if needed
1 teaspoon cumin -- (1 to 2)	2 cloves garlic -- minced, or more if needed

How to Prepare:

If possible, rub the pork with the chili powder and cumin and let marinate overnight.This isn't critical, but it does make sure the meat gets well seasoned before cooking.

Place pork in crock pot; add seasonings if above step

was not performed. Then toss in garlic and onion, top with the green salsa. Turn crock pot on Low and let cook for 8 hours. Enjoy with shredded cheese, sour cream, etc.

Snow Capped Broccoli 'N' Ham

Serves:4

CarbsPerServing:depends what you add to this

Prep Time:fast

Effort:Average

Ingredients:

1 10 ounce package frozen or fresh broccoli (can put cauliflower to or)
10 ounces fully cooked ham, chopped (about 2 cups)
1/4 cup chopped onion 3/4 cup salad dressing or mayonnaise
3 egg whites
1 teaspoon dry mustard
2 tablespoons of parmesan or moserale cheese
I add mushrooms

How to Prepare:

run hot water over broccoli just until thawed. drain and put in square casserole dish or divide in 4 10 ounce custard cups. combine chopped ham, onion and 1/4 cup of the sald dressing or mayonnaise. Spoon ham mixture over broccoli in custard cups or caserole dish.

For egg topping, in a small mixer bowl beat egg shites till stiff and peaks form . stir together the remaining salad dressing and dry mustard. fold salad dressing mixture into beaten egg whites. Spoon egg mixture over ham mixture in custard cups or casserole dish. sprinkle the cheese on top. Bake in a 350 oven for 18 min or till topping is golden.

Pork Steaks and Cabbage

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Pork steaks Garlic salt
Cabbage -- cut in smallpieces, about 1 cup raw for every 6 ounces of pork.
Bacon -- 3 or 4 pieces

How to Prepare:

Wash pork steak and sprinkle with garlic salt. Saute the cabbage with the bacon, then layer the cabbage/bacon mixture with the pork in a crock pot. There is no need to add water, and the juice will be awesome. until very tender.

Pork Tenderloin Slices

Serves:5

CarbsPerServing:4g carbs total

Effort:Easy

Ingredients:

1 Pork Tenderloin -- french cut into 1/4 inch slices
1 egg 1/4 cup atkins bake mix4 tablespoons vegetable oil -- (4 to 5)
Sauces to taste

How to Prepare:

Pound Pork tenderloin slices with a meat hammer until thin.Heat the oil in a heavy

skillet over Medium high heat. Dredge each slice in egg and then coat with Bake Mix.

Places slices in hot oil until golden brown. Remove to paper plate to drain.

Serve with sauces such as the Adkins Cherry Raspberry Sauce or Ranch dressing to dip in.

Pigs in a Blanket

Serves:5

CarbsPerServing:12g carbs total

Effort:Easy

Ingredients:

1/3 cup atkins bake mix 1 tablespoon sweet dairy whey
1/8 cup artificial sweetener -- splenda 2 eggs 1/4 cup half and half
1 dash nutmeg 1 pinch salt 6 sausage links

How to Prepare:

mix all ingredients. make 6 silver dollar size pancakes, butter and sprinkle with splenda. Then wrap around a cooked sausage link.

Leftover Pork Stirfry (easy)

CarbsPerServing:11g carbs total

Effort:Easy

Ingredients:

12 ounces cooked pork -- shredded or chopped
2 tablespoons soy sauce 4 cups bok choy -- chopped
1/4 cup oil -- for cooking 1/2 cup water 1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder

How to Prepare:

Stir fry pork in hot oil for 2 minutes, then add remaining ingredients. Cover and reduce heat - let steam 5-7 minutes, stirring every 2 minutes to prevent burning and sticking.

Simple Pork Chops

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

4 boneless por chops about 1 1/2 in. thick
1 cups sauerkraut -- I used the kind in the bag (1 to 1 1/2)
1/2 cup Atkins Pancake Syrup

How to Prepare:

Place the pork chops in a baking dish. Surround them with the sauerkraut. Make sure there is enough fluid so that they have a chance to absorb the moisture. If there is not enough, they will be dry. Take the pancake syrup and pour it over the dish. Try to even it out. If you need more, you can use it because it is zero carbs. Bake at 350-375 degrees for an hour. Check to make sure pork is done. It has sort of a sweet and sour taste, and the chops were moist and tender.

NOTES : Counts for syrup not included in totals.

Creamy Mushroom Pork Chop

CarbsPerServing:11g carbs total

Effort:Easy

Ingredients:

1 tablespoon Butter 4 pork chops -- (4 to 6), bone in
Garlic Salt Black Pepper 1 Jar Ragu Parmesan
Alfredo Sauce -- (16 oz.) 8 ounces button mushrooms -- whole
1 Pinch Dried Thyme

How to Prepare:

Melt butter in large skillet. Season chops on both sides with garlic salt and pepper, and brown in butter. Transfer chops to slow cooker. Remove skillet from heat and stir alfredo sauce into drippings. Slice mushrooms and scatter over chops in slow cooker. Pour alfredo sauce over all. Sprinkle with dried thyme. Simmer on medium low heat about two hours or until chops are fork tender. NOTES : Counts for Alfredo sauce and garlic salt not included in totals.

Stuffed Mushrooms III

CarbsPerServing:21g carbs total

Effort:Easy

Ingredients:

20 large fresh mushrooms 1/2 pound sausage 2 green onion -- with 1/2 stem
1 block Philadelphia cream cheese

How to Prepare:

stem mushrooms, fry cut up stems with sausage, add chopped onion to sausage mixture, cook till done. Add cream cheese and stir till mixed well. Fill mushrooms with mixture and bake in 350 degree oven 15-20 min or golden brown

NOTES : Counts for cream cheese not included unknown size - adjust accordingly

bacon wrapped pork chops

Serves:4,10

CarbsPerServing:1.5

Prep Time:15 minutes

Effort:Easy

Ingredients:

4 pork chops, sliced onion, sliced green pepper, baconsalt & pepper, crushed red pepper (optional)

How to Prepare:

season pork with salt, pepper, and red pepper. Place on each chop, 1 slice of onion and green pepper wrap bacon around chop (toothpick will hold bacon to meat) bake in oven for 25-30 min at 375 degrees

Creamy Maple Pork Chops

Serves:3-4,2

CarbsPerServing:Varies depending on s/f syrup and sweetner (approx. 20 carbs total)

Prep Time:10 minutes

Effort:Easy

Ingredients:

10-12 Thin Sliced Pork Chops2-Tbsp Butter8 oz cream cheese (softened)4 oz heavy cream1/2 to 1-cup Splenda (to taste)1/4 cup Sugar Free (Atkins) Pancake Syrup (or Dvinci Maple flavored syrup)

How to Prepare:

In an electric skillet (or frying pan) lightly brown the pork chops to seal in juices (about 10 seconds each side). Then in a bowl mix together the cream cheese, heavy cream, S/F Syrup and splenda. Add this mixture to the skillet with pork chop and turn heat to medium and simmer until pork chops are cooked and sauce is warmed. THAT'S IT!!!

Great SpareRibs

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

no itemized ingredients
providedno itemized ingredients
provided

How to Prepare:

Pepper slab of ribs, put in shallow pan, cover with white distilled vinegar, cover with foil & bake on 350 until done, have grill hot and put on grill & cook until brown as you like. Baste with Mixture of vinegar, salt & little lemon juice. Serve with a nice salad.

Pork and Green Bean Stir-Fry

Serves:4,6

CarbsPerServing:6g

Effort:Easy

Ingredients:

1 pound pork tenderloin -- or boneless pork loin
2 tablespoons vegetable oil 4 cloves garlic -- minced
10 ounces green beans -- frozen, or 3/4 pound fresh
2 teaspoons artificial sweetener2 teaspoons soy sauce
1/2 teaspoon red pepper flakes 1 teaspoon fresh ginger -- shredded
1 teaspoon sesame oil 1 teaspoon rice wine vinegar

How to Prepare:

Cut meat into 1/2 inch slices. Heat oil in large skillet. Add garlic, stirfry until lightly browned. Add pork and cook until lightly browned. Add green beans. Stirfry until beans and pork are done, about 8 mins. Push meat and beans to side of pan, add splenda, soy sauce, red pepper, and ginger. stir until blended. Add oil and vinegar. toss with meat and beans.

4 servings

Pizza Casserole

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 packages sliced mushrooms 2 bell peppers -- chopped
1 small onion -- chopped - or chives chopped olives
1 small can tomato sauce pepperoniitalian sausage -- browned
grilled chicken or turkey meat - in bite size pieces
whatever cheese you like - shredded bacon pieces
maybe a few pieces of pineapple

How to Prepare:

Spray the bottom of a baking pan with Pam. Arrange the mushroom slices to cover the bottom. Pour the tomato sauce over the mushrooms - won't be much so be sparing. Put on the rest of the ingredients in whatever order you like and top with cheese.Bake at 400 for about 20 minutes. Let sit for a few minutes. Cut and serve with nice salad.

The carbs vary depending on how much of what you use. Should be fairly easy to figure out. It makes about 6-8 good portions, along with a salad, and maybe low-carb tiramisu for dessert!!!

Slow Cooker Country Spare Ribs

Serves:4

CarbsPerServing:10g per serving (2 ribs)

Prep Time:15-20 min

Effort:Easy

Ingredients:

4 lbs Country Style Spare Ribs 2 Tbs Butter
1 Can Diet Coke or Diet Rite Lots of Lawry's Seasoned Salt

1 Can Diced Tomatoes(undrained) 1 Tbsp Molasses
1 Tbsp Minced Garlic
1 Tbsp Dried Minced Onion (or fresh onion - about 1/3 chopped)
1 Tbsp Hot Hungarian Paprika (if desired)

How to Prepare:

Mix all ingredients from second column in your crock pot. Next, heat up the butter in large skillet until very hot but not so the butter burns. Sear each piece of ribs (I do 4 at a time) on each side. I like to sear, but it is not necessary. Sprinkle Lawry's salt generously on both sides of each rib. Layer ribs in slow cooker and pour diet coke over the top. Turn cooker on low (1 or 2) and cook all day (about 7 hours). 1/2 hour before serving, season again if necessary and turn to high so liquid boils. Serve and enjoy!! Tip - if you cook these even longer and/or on higher heat remove the bones and you'll have a wonderful stew (add a bit of sour cream to the broth).

Sausage Puffs

CarbsPerServing:19g carbs total

Effort:Easy

Ingredients:

1 pound pork sausage -- hot, in roll 2 cups sharp cheddar
cheese -- shredded 1 cup Atkins bake mix

How to Prepare:

Preheat oven to 350 degrees Cover large cookie sheet with heavy duty tin foil Mix all together and roll into 1" balls. Bake for 30-35 minutes
Makes approximately 60 balls Remove from sheet and throw away foil. Voila the cookie sheet should be clean!

Sausage Cabbage Au Gratin

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

no itemized ingredients no itemized ingredients

How to Prepare:

In a large skillet, saute' five or six slices of diced bacon. Add a package of little smokies and cook through. Add one head of cabbage and saute'till wilted. Mix together 1/2 cup whipping cream, 1/2 cup Parmesan cheese, and 2 teaspoons of flour. Pour over the cabbage mixture and cover. Leave for 15 minutes till set.

Mushroom topped Pork chops

Serves:10

CarbsPerServing:11g carbs total

Effort:Easy

Ingredients:

4 pork chops -- boneless, 3/4 in thick (4 to 6)
1 tablespoon butter 1 cup mushroom -- finely chopped
1 tablespoon butter 1/2 cup parsley -- finely
chopped 1/3 cup red onion -- finely chopped
1 egg 1 teaspoon salt 2 tablespoons grated cheddar cheese -- (2 to 3)

How to Prepare:

heat butter in pan. Brown chops on both sides. Place in casserole dish. Saute mushrooms in butter until no longer moist. Cool. Mix mushrooms, parsley, onion, egg, and salt and pepper. Place on top of pork chops. Bake at 350F for about 40 mins. Sprinkle with cheese after 30 mins. Check for doneness.

Zucchini Lasagna

Serves:10,10

CarbsPerServing:29g carbs total

Effort:Easy

Ingredients:

1/2 pound Italian sausage -- ground cooked til crumbly
3 zucchini -- medium, peeled, sliced and boiled for 3 minutes
1/2 cup Ricotta cheese 2 cups Mozzarella cheese
1 cup low carb Spaghetti sauce -- (I use Classico
Sun Dried Tomato 8 carbs) 1/4 cup Parmesan cheese

How to Prepare:

Spread a very thin layer of sauce on the bottom of a
 corning ware type dish. Then begin layering
 your lasagna with the ingredients from
 above. Sprinkle Parmesan cheese on top. Cover and
 bake for 30 minutes at 350. Then uncover for 15
 minutes at 350. Let stand for 10 minutes.
 Then enjoy!!

NOTES : Counts for spaghetti sauce not included
 CarbsPerServing:36g carbs total

Effort:Easy

Sausage Stuffing

Ingredients:

1 pound sausage -- seasoned 2 large onions -- finely chopped
 3 stalks celery -- finely chopped (3 to 4) 2 tablespoons butter -- (2 to
 4) 1 head cabbage -- finely chopped
 15 ounces chicken broth -- canned
 3 eggs -- beaten Seasonings

How to Prepare:

This has all the taste of real stuffing, without the bread.
 You won't miss the bread and can "stuff" yourself as much as you like.
 Saute your onion and celery in the butter. Add sausage,
 brown, crumbling the sausage finely. Let the oils
 and butter brown on the bottom of the pan to get that
 great carbonation flavor. Add seasonings you like
 such as thyme, oregano, pepper, salt, to taste. My
 sausage was preseasoned, so I just
 added pepper. Add cabbage and continue
 cooking. Add chicken broth to moisten as dish starts to
 get dry. I ended up using a whole can. Cook until
 cabbage is cooked and tender. Put in a 3-4 qt
 baking dish and add the eggs. Bake in 350 degree oven for 20-30 minutes.

Pepper and onion porkchops

Serves:10

CarbsPerServing:37g carbs

Effort:Easy

Ingredients:

4 pork chops, center cut -- about 1 1/2 lbs. 1/4 teaspoon salt -- pepper
 1/2 teaspoon paprika 1/2 teaspoon dried thyme 2 green pepper -- or red
 2 medium onions 2 tablespoons butter 1/3 cup beef broth

How to Prepare:

Combine spices and sprinkle over both sides of
 chops. Slice pepper and onions.
 Heat half butter in skillet, saute onions and peppers
 until soft, not brown. Remove from pan.
 Heat remaining butter and brown chops on both sides.
 Lower heat. Add broth, onions, and
 peppers. Cook over low about 20 mins or until chops are done.

4 servings

Red Cooked Pork

Serves:4

CarbsPerServing:depends on vegetables

Prep Time:1/2 hour

Effort:Easy

Ingredients:

2 lbs very fatty cut of pork or 4-6 chicken legs w/thigh
 6 scallions 9 slices ginger
 1 head garlic 9 T. soy sauce 3 T. rice wine
 a few slices small red chile 1/2-1 cup water
 3 pacs splenda vegetables of choice (carrot, chinese radish, bamboo)

How to Prepare:

Place all of the ingredients except Splenda and vegetables in a
 large crock pot. If the cut of pork is large, cut it into a few
 chunks. Cook on high for about 3 hours. Then add Splenda and chopped
 vegetables. Cook another hour. Eat with sauteed greens.

P.S. Pork and Chicken can be cooked together. This can also be
 cooked on the stove, just reduce cooking time to 1 1/2 hours or so
 and make sure the liquid doesn't boil off.

Citrus Skillet Pork Chops

Serves:4

CarbsPerServing:1g

Prep Time:5 min. / cook time 30 min.?

Effort:Easy

Ingredients:

1 Clove garlic, chopped 1 tsp. paprika 1/4 tsp. ground coriander
 1/8 tsp. freshly ground black pepper 4 center-cut loin pork chops (4
 ozs each) 3/4" thick 3/4 cup reduced sodium chicken broth
 1 tsp. fresh lemon juice

How to Prepare:

combine first 5 ingredients. sprinkle both sides of chops.

in a large nonstick skillet combine broth and lemon juice.
 Mix well. Add Pork and simmer, covered, over low heat about 30 min.
 pour broth mixture from skillet into a glass measuring cup; cool
 slightly set aside.
 Place chops in same skillet. Heat over med. heat turning once until
 browned and heated through about 2 to 3 min. remove chops cover with
 foil to keep warm.
 Using a spoon, skim fat from sauce. Return broth to skillet. bring

to boil, stirring, over med. heat until reduced slightly, about 2 min. Spoon lemon sauce over pork chops. Serve immediately

Nitrate Free Pork Sausage

CarbsPerServing: 5g carbs total

Effort: Easy

Ingredients:

2 pounds ground pork 2 teaspoons dry mustard
1/4 cup parsley -- finely minced
1/2 teaspoon salt -- or more to taste
1/2 teaspoon ground black pepper 1/4 teaspoon ground nutmeg
1/4 teaspoon ground sage 2 tablespoons cream 2 each eggs

How to Prepare:

Mix all ingredients well and refrigerate overnight to blend flavors. Divide into 12 balls and pat into patties. Fry 4 minutes on each side or until cooked through.

Southern Sausage Skillet

Serves: 7

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:

no itemized ingredients no itemized ingredients

How to Prepare:

Easy and fast... quantities determined by how many people you are cooking for! Polish sausage or kielbasa, onions, green beans... fresh, canned (drain first) or frozen (thaw first)... NOTE: French style do not work well here. Score the sausage so when you brown it in a skillet, the juices will flow. I do this even with the pre-cooked sausage. Add the onions and green beans, and sauté until they have taken in the flavor of the sausage without getting limp and overcooked. The juices from the sausage will prevent the green beans from sticking to the pan. This was a meal created in a moment of desperation and it turned out to be a new favorite!

Pork Chops with Blue Cheese Gravy

Serves: 4

Effort: Easy

Ingredients:

2 tablespoons butter 4 thick cut pork chops
1/2 teaspoon ground black pepper, or to taste 1/2 teaspoon garlic powder, or to taste 1 cup heavy cream 2 ounces blue cheese, crumbled

How to Prepare:

Melt butter in a large skillet, over medium heat. Season the pork chops with black pepper and garlic powder. Fry the chops in butter until no longer pink and the juices run clear, about 20 to 25 minutes. Turn occasionally to brown evenly.

Remove chops to a plate and keep warm. Stir the whipping cream into the skillet, loosening any bits of meat stuck to the bottom. Stir in blue cheese. Cook, stirring constantly until sauce thickens, about 5 minutes. Pour sauce over warm pork chops.

Ham roll-up variation

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:

no itemized ingredients no itemized ingredients

How to Prepare:

Spread softened cream cheese thinly on a slice of imported ham. Lay a green onion along one of the long sides. Roll up the ham, and slice into 1" pieces. Makes a fabulous appetizer and can be a very elegant presentation on a serving tray... your party guests will never know it's one of your "diet" foods!

Ham Steak with Onion Gravy

Serves: 10

CarbsPerServing: 30g carbs total

Effort: Easy

Ingredients:

1 ham steak -- 1.5 inches thick 2 cups sliced onions - thinly sliced
1 cup sour cream 1/8 cup heavy cream 1/8 cup warm water

How to Prepare:

Pan cook ham steak on both sides. Remove from pan. Add onions to pan and cook until browned. Mix heavy cream with water. Add sour cream and heavy cream/water to pan heat through. Pour over ham steak.

Spicy Mushroom Pork Chops

Serves: 6

CarbsPerServing: 1.9 per serving

Effort: Easy

Ingredients:

6 boneless pork chops 1/3 cup chopped onions
4.5 oz can mushrooms w/liquid
2 tbsp LC BBQ sauce of choice 1 tbsp Louisiana Cajun Seasoning
2 tbs Mesquite Liquid Smoke salt and pepper to taste

How to Prepare:

Trim excess fat off of pork chops. In large non-stick pan put pork chops on medium heat. Pour liquid smoke over them. Sprinkle with cajun seasoning and salt and pepper. Cook until done about 1/2 way through. Turn pork chops over, cook about 5 more minutes. Add rest of ingredients to pan. Cook covered over medium high heat, stirring sauce around pork chops occasionally, making sure mushrooms and onion are in sauce. Cook for 15 more minutes, turning chops again 1/2 way through. Serve chops with sauce on top.

NOTE: Carb count does not include BBQ Sauce.

Shaking Bake Mix for Pork Chops

Serves:10,5,7

CarbsPerServing:2g carbs total

Effort:Easy

Ingredients:

3/4 cup finely crushed pork rinds 1 teaspoon salt
1/4 teaspoon paprika 1/4 teaspoon garlic powder
1/4 teaspoon onion powder 1 splenda packets

How to Prepare:

Preheat oven to 400'. Place all ingredients in a large plastic bag. Lightly moisten pork chops with water and place in bag and shake. Arrange pork chops on a baking sheet and bake 45 minutes with a bone, and 20 minutes without a bone, or until you can tell yourself the pork is cooked. NOTES : Counts for natural peanut butter not included in totals.

Queso Fundido

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Chorizo (Mexican Sausage) Queso Chihuahua (Chihuahua Cheese)

How to Prepare:

Remove casing from sausage. Cook and drain fat. Place thin layer of cooked sausage on microwave safe dish. Top with sliced chihuahua cheese Microwave for on high 1 minute or until cheese melts.

Pork Taco

CarbsPerServing:3g carbs total

Effort:Easy

Ingredients:

1 pork chop (sliced into thin strips)
1 teaspoon olive oil 1 tablespoon sour cream
1/2 slice American Cheese 1 tablespoon salsa -- pace
1 lowcarb tortilla 1 tablespoon onion

How to Prepare:

Add Olive oil to a small frying pan . Add pork to the pan and stir fry until done. Warm tortilla in the oven until just warm. Put tortilla on a plate and add pork, sour cream, cheese, salsa and onion on tortilla and fold over. This taco is very tasty and quick to make. NOTES : Counts for low-carb tortilla not included - adjust accordingly

PORK CHOPS

CarbsPerServing:1g carbs total

Effort:Easy

Ingredients:

4 boneless pork chops -- (4 to 8) 2 eggs -- beaten
pork rinds - crushed to bread crumb consistency dash seasoned salt -- or two
cooking oil

How to Prepare:

Pound the pork chops to flatten, dip in egg, then coat with the crushed pork rinds and fry in oil. Can sprinkle with seasoned salt while cooking. Next time I make these I am going to make mock mashed potatoes and gravy to go with. Yummm

Jalapeno Stuffed Sausage

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 can pickled jalapenos 1 pound pork sausage 1 package cream cheese

How to Prepare:

I take the seed out of my jalapenos, but they can be left in. Slice jalapenos in half and add cream cheese. Wrap the jalapeno with the sausage, kind of like your coating it (actually you are...lo). Bake in a 300 degree oven for about 20-30 minutes or until sausage is cooked. It's delicious.

Horseradish Encrusted Pork Loin Chops

CarbsPerServing:19g carbs total

Effort:Easy

Ingredients:

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6 pork loin chops (1" thick) 1/4 cup olive oil
 1 tablespoon pepper 1 tablespoon rosemary 1 tablespoon thyme
 1 cup finely crushed pork rinds
 6 tablespoons prepared horseradish 3/4 stick butter -- (3/4 to 1)

How to Prepare:

Marinate pork chops in olive oil, rosemary, thyme & 1/2
 tbls pepper overnight. Remove and
 cook chops for 5 min each side. Blend softened butter,
 horseradish, pork rinds & remaining pepper together.
 Place on pork chops and bake at 350 for 8-10
 minutes or until topping is brown & chops are done.

Ham Hocks and Cabbage

Serves:10

CarbsPerServing:60g carbs total

Effort:Easy

Ingredients:

3 each ham hocks -- meaty 10 cups cabbage -- cut into chunks
 1/2 teaspoon salt 1/2 teaspoon pepper -- or more to taste
 1/2 cup diced onion 4 each sausage links -- cut
 into bite-size chunks 1/2 cup dry white wine -- (optional -remove 4g carbs if not using)
 1/2 stick butter 2 cloves garlic -- peeled and minced
 1/2 teaspoon crushed red pepper -- flakes water to cover hocks

How to Prepare:

Put hocks in a large kettle and cover with water. Bring
 to a boil, reduce heat and simmer 20
 minutes or until the meat starts falling off the bone.
 Remove the hocks and let cool. Add the remaining
 ingredients to the water and cover. (You want the
 cabbage covered at least 3/4 of the way with
 broth - so add more water if necessary to get this level.
 You can add 2 cans chicken broth at this time of
 you want this for soup). Simmer over low
 heat until cabbage is tender (about 20 minutes).
 When cooled enough, cut the meat off the hocks
 and add back to the pan of simmering cabbage.
 You can serve this drained or with the broth as a soup.
 I know this seems pretty high carb - but it
 makes a lot and it freezes well.

Pork Tenderloin a la King

Serves:4

CarbsPerServing:5

Prep Time:no more than 10 min

Effort:Easy

Ingredients:

3 Tablespoons Knorr brand french onion soup mix, or to taste
 1 cup heavy cream 1 1/2 pounds pork tenderloin, cut into 1-inch
 pieces
 1 8oz package mushrooms, trimmed and quartered

How to Prepare:

Preheat oven to 350 degrees. In a bowl, mix soup mix and cream. In a
 casserole sprayed with cooking spray (for easy clean up), combine
 pork and mushrooms. Pour cream mixture over pork and mix well to
 combine. Cover with foil and bake for 25-30 min or until cooked
 through. This is wonderful and you could probably try this with beef
 or chicken. Enjoy!!!!!!

Easy Cuban Pork

Effort:Easy

Ingredients:

Marinade:
 1 cup fresh orange juice 1 cup fresh lemon juice
 1 cup olive oil 6 garlic gloves - minced
 2t cumin For Pork: 5-7lb pork shoulder
 2T liquid smoke 2T coarse salt

How to Prepare:

--Mix marinade ingredients together, and pour over pork shoulder.
 --Cover and refrigerate 4 - 24 hours (the longer you marinate, the
 more flavour it will have)
 --Preheat oven to 500 degrees
 --Lay heavy duty foil on work surface.
 --Place drained pork shoulder on foil.
 --Cover pork with another piece of heavy duty foil and make a
 "packet" (it should all be tightly sealed).
 --Place on rack in roasting pan and pour 2" water into pan.
 --Roast at 500 degrees for 30 minutes.
 --Turn down oven temp to 350 and continue roasting for 30-35 min PER
 LB of roast.

The meat will fall apart when you are finished.

deep south ham & redyeeye gravy

Serves:4

CarbsPerServing:1gm

Prep Time:none

Effort:Easy

Ingredients:

1tbl butter 1 ham steak about 1 1/3lbs

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1 cup strong coffee 3/4 teap. sugar

1/4 tea hot pepper sauce

How to Prepare:

place 10" skillet over med-high heat until hot. add butter, titlt skillet to coat bottom. add ham steak, cook 3 min. turn cook 2 min longer. remove ham; place on service platter and set aside increase heat to high add coffee, sugar, pepper sauce. bring to boil continue boiling 2 to 3 min until reduced to 1/4 cup liquid, scraping bottom and sides spoon over meat

BEEF, LAMB AND VEAL MEALS

Crock Pot Ribs or Chops

Effort:Easy

Ingredients:

6 or 8 chops or ribs to fill crock pot 1/4 c. onion, chopped
1/2 c. celery, chopped 1 c. catsup
1/2 c. water 1/4 c. lemon juice 2 tbsp. brown sugar substitute
3 tbsp. Worcestershire sauce 2 tbsp. vinegar
1 tbsp. mustard 1/2 tsp. salt 1/4 tsp. pepper

How to Prepare:

Mix all together and pour over meat in crock pot. Cook on low 6 - 8 hours

LAMB WRAPPED IN GRAPE LEAVES

Serves:15+

CarbsPerServing:3 - 5 (1 carb per wrapped leaf)

Prep Time:1 1/2 - 2 hours

Effort:Average

Ingredients:

1 whole leg of ground lamb *or extremely lean red meat*
1/2 cup of pine nuts
Amt of all spice (whole) to liking (minimal amt)
you can choose to alter what you put in your lamb filler
water
lemon juice
tiny can of tomato sause.

How to Prepare:

You have to estimate the amt of filling for the leaves because of the varying sizes. DO NOT overstuff the leaves.

Layer and tightly lay the wrapped grape leaves in your pot. Lemon juice and tomato in pot and THEN add just enough water to cover the grape leaves. You want then to make sure that you have a plate or something heavy to keep the grape leaves from floating around. If they float at all then they will unwrap and you wont have Lamb in Grape Leaves.

SIMMER ! NOT BOIL

Takes about 1 1/2 - 2 hours. Just test for the leaves to be cooked. Carb count per leave minus the dietary fiber is .6 carbs. Pine nuts are only 4 carbs per 1/2 cup. So they are not even measureable unless you eat the whole pot LOL.

It's Lasagna!!

CarbsPerServing:Total Carbs for entire dish: 25

Prep Time:Depends on how long you simmer sauce

Effort:Easy

Ingredients:

Spaghetti Squash (cooked) 1 lb.Ground Chuck
onion garlic Spaghetti Sauce(9 per 1/2 cup)
Mozzarella Cheese(1 carb) Parmesan Cheese (1 carb) Cottage Cheese(5 per 1/2 cup)

How to Prepare:

Brown hamburger with onion and garlic. Add spaghetti sauce and simmer for at least 30 min. Layer in small casserole dish: Meat sauce, spaghetti squash, meat sauce, cottage cheese, mozz. cheese, parm. cheese, spaghetti squash, meat sauce, repeat cheeses. Bake at 350 until cheese has melted.

Fajita Burger

Serves:1

CarbsPerServing:5.2 per serving less .6 fiber

Prep Time:less than 30 mins.

Effort:Easy

Ingredients:

1/2 lb. lean ground beef 2 tsp. fajita seasoning mix
1/2 c. shredded cheddar cheese 2 tbsp. sour cream 2 tbsp. salsa

How to Prepare:

Mix ground beef with dry fajita seasoning mix. Form ground beef into patty. Pan broil burger to desired doneness. Top with shredded cheese, sour cream and salsa.

Meatloaf

Serves:4

CarbsPerServing:7

Prep Time:30-min

Effort:Average

Ingredients:

1-loaf pan 1-lb ground beef (or turkey or chicken)
1-med onion (chopped finely)
12-mushrooms (or around that; chopped finely, like onion/NOT sliced))
3-5 cloves of garlic (or less, if you're a wimp! crushed/chopped finely)
2-3 TBS chopped parlsey 1-egg
1/2 cup chicken broth (or water)
1-cup bread crumbs (or substitute; I use Keto Crumbs but you could

also just use less broth and more mushrooms/onion)
1/2-cup olive oil (you can use more if you'd like)
1-tsp salt (or 1-TBS soy sauce)
1/2-tsp black pepper

How to Prepare:

I make a wonderful meatloaf that can pass for a meatball-flavored meal. You can slice it up and serve it with brown gravy and vegetables or top with melted mozzarella and marinara sauce or break it up into pieces and make into a beef stroganoff or however else you feel like being creative...It's a great thing to have around for lunches or dinners. You can even freeze slices and have whenever you feel like it. BTW-I think this is the best meatloaf I've ever had, not like the traditional at all.

First, pre-heat oven for 375-degrees. Next, saute all the mushrooms, onion, garlic, and parsley in a pan with the olive oil. Don't let it burn (garlic tastes yucky when burnt). When the onions are soft, remove from heat to let cool down. In a large bowl, add meat, egg, bread crumbs (or substitute), chicken broth (or water), salt (or soy sauce), and pepper. When the sauteed mixture has cooled enough, add it to the bowl and mix all ingredients (with very clean hands or proper mixer) until everything is well-combined. Now, put mixture into loaf pan (NO need to oil/grease pan as there is plenty of fat already in the mixture from the olive oil). Put into the oven and bake for 45-minutes. Voila! Now, you have a delicious, low-carb meatloaf (that tastes sort of like a meatball) that you can serve up all sorts of ways. Slice loaf into ten slices. There are about 3-gm of carbs per each slice (or 30-gm carbs/loaf). Enjoy!

Steak with Pate and Cheese

Serves:2 CarbsPerServing:2-4 (depending on pate and cheese)

Prep Time:15 mins

Effort:Easy

Ingredients:

2 x thinly sliced Beefsteak

1-2oz Ardennes or Brussels pateThinly-sliced Cheddar or other mild cheese

How to Prepare:

Fry the steak until it's cooked as much as you want (I prefer well done) then remove from pan, spread a thin layer of pate over the cooked steak and top with cheese. Place under the grill until cheese bubbles. Yum. You can also fry some onion with the steak and put it between the pate and the cheese.

Ropas Viejas

Serves:4

CarbsPerServing:See note

Prep Time:5 hours

Effort:Easy

Ingredients:

3-4 lb beef roast, cut up

1 med onion, sliced (10g)

1/2 red bell pepper, sliced(4g)

1 sm. can tomato paste (60g)***SEE NOTE BELOW***

1 can beef broth

1 tsp sweetener (1g)

2 DASHES Cinnamon

2-3 tsp cumin (1g)

Salt/Pepper to taste

oil or lard

How to Prepare:

***FIRST!! Don't panic about the number of carbs! MOST of them will remain in the crockpot in the sauce.

Get out your crock pot and heat it.

Prepare the tomato paste by mixing well with a small amount of water to tomato sauce consistency.

In a large skillet, heat the oil or lard, brown the meat. Place the meat, onion, bell pepper, tomato paste and seasonings in the crockpot. Cook until the meat is fork tender (usually about 4-5 hours).

Remove from sauce w/a slotted spoon, making sure to let as much of the sauce as possible drain. Place in a bowl or on a plate and pull to shreds with the back of a fork.

Serve on a locarb tortilla or on a bed of lettuce. Side with pico di gallo, sour cream, if you wish.

TOTAL RECIPE CARB COUNTS: 76g--remember, most is left in the crock pot!

You may choose to use tomato SAUCE instead of paste for a carb count of 8.8g/HALF cup

Red Chile Chimichangas

Serves:4

CarbsPerServing:8

Prep Time:15 minutes

Effort:Average

Ingredients:

3c cooked beef or pork

(canned works)

1/2 c. beef broth

2T Atkins Ketato flakes

8" square spring roll wrappers

3 Tbls. chile powder

1tsp. salt

1Tbls. garlic powder

1 c. vegetable oil

How to Prepare:

Bring broth to a boil and add meat. (If you've used canned meat you may not need extra broth, there may be enough in the can) Add salt, chile powder, and garlic powder and cook for a couple of minutes. Add the ketato flakes and stir until thickened. Remove from heat and put 1/8 of mixture at the edge of a spring roll wrapper. Fold in sides and roll up like you would a tortilla. When you have 8 burritos, heat the oil in a small skillet and fry the burros, turning til browned on all sides. Drain on a paper towel covered plate and enjoy! 4 carbs per burro, with salad and sour cream you have a great 10 carb dinner!

beef scrambler

Serves: As many as you want

CarbsPerServing: depends on amounts used

Prep Time: 20 minutes

Effort: Easy

Ingredients:

ground beef
italian seasoning

Mozzarella cheese

canned mushrooms seasoned salt

How to Prepare:

Brown the ground beef in a frying pan, then salt it and put the italian seasoning on, depending on your tastes you may have to repeat this a couple times. Put in as much mushrooms as you like, keep in mind to check the can for carb listings. Wait until the meat and mushrooms have a "crisp" look, then sprinkle grated mozzarella over the top, let melt and you're done! Sometimes I make a couple small cheese chips too.

Veggie Meatloaf

Serves: 6-8 depending on thickness of slices

CarbsPerServing: 2-3 NET carbs per medium slice

Prep Time: Prep: 20 mins/Cook: 45* = 65 total

Effort: Easy

Ingredients:

1 lb ground beef (80% lean)

1 lb ground chicken

1 large or extra large egg, beaten

1 large red pepper, diced

1 medium sweet onion, diced

1 tbs minced garlic

2 tbs of minced carrot

1 medium celery stalk, diced

1/4 cup shredded monteray or mozzarella cheese

1/4 cup grated parmesian cheese

1 tsp Beef Boullion powder

cilantro or parsley, salt & pepper to taste

How to Prepare:

Mix meats and egg together.

Saute all veggies (celery, pepper, onion, garlic, carrots) in a saucepan with 1 tbs of butter until softened.

Cool mixture for about 10 minutes and then add to the meat. With clean hands, mix well until veggies are evenly distributed amongst the meat.

Add all the rest of the ingredients except the shredded cheese. Make sure the mixture is well combined.

In a loaf pan or in a regular roasting pan, shape meat to make a loaf. Add the shredded cheese to the top.

Put aside to "rest". Preheat oven to 375 F. Put meatloaf into oven and cook for about 45 minutes - I use a thermometer to check - 170 F internal temp.

Chili Relleno with or without chicken

Serves: 3 to 4

CarbsPerServing: not sure

Prep Time: 20 minutes tops

Effort: Easy

Ingredients:

1 lb cheddar cheese grated 1 lb monterey cheese grated 3(7 oz) cans

diced green chilies 5 beaten eggs 2 to 3 chicken breast cooked and

diced (optional)

How to Prepare:

mix cheese cooked chicken and green chilies together in 9x13 inch baking dish pour eggs over and bake at 350 for 45 minutes

Reuben Quesadilla

Serves: 8

CarbsPerServing: 4 carb per serving

Prep Time: 30 minutes

Effort: Easy

Ingredients:

Sliced Corned Beef Sauerkraut Cheese

Caraway seed Thousand Island dressing or Mayo

Two low carb Tortilla

How to Prepare:

Layer sliced Corned beef, drained Sauerkraut with caraway seed, drizzel of dressing and shredded cheese on a large Tortilla. Top with second Tortilla and more cheese. Bake in pizza pan 350 degrees for half hour. Cut into wedges.

Green Chili & Jack Stuffed Meatloaf

Serves: 6, 10

CarbsPerServing: 2 or less

Prep Time: 15 min.

Effort: Easy

Ingredients:

2 lbs. Ground Beef

2-3 cloves crushed Garlic

2 eggs

salt

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Cumin Chili powder *Optional
Shredded Monterey Jack Cheese Filling:
Large can Green Chilis

Topping:
Sour Cream Jack cheese
Green Chilis Salt

How to Prepare:

Mix the egg and spices into the ground beef, then roll out into a flat square. Sprinkle cheese and the chilis saving a little for the top. Then roll the beef and pinch the edges so the jack and chilis won't leak out while cooking. Place in a standard loaf pan. Then top with the rest of the cheese and chilis, sour cream and spices. Bake in oven at 400 degrees for about 45 min-1hr. This is beautiful when sliced and a fun twist on classic meatloaf.

Beef with mushroom and onion sauce Serves: about 4 depending on how much meat you use.

CarbsPerServing: not sure best I can figure out, about 4
Prep Time: 5 minutes Effort: Easy

Ingredients:

about 2 pounds of tenderized round or sirloin steak. I've also used boneless pork chops. one package dry onion soup mix or two small cans of mushrooms, depending on your taste. salt and pepper or any seasoning you prefer

How to Prepare:

place your meat in a covered baking dish, sprinkle on the onion soup mix and cover with the mushrooms, juice and all. If you're making a larger amount you may need to add a little water to make sure the soup mix is all soaked. Bake for 1 1/2 to 2 hours on 325. This is absolutely delicious, the meat is so tender it falls apart.

Gaelic Steak Serves: 1 CarbsPerServing: .028

Prep Time: 5 mins Effort: Easy

Ingredients:

1 ribeye steak 3/4" thick 1 Tablespoon butter
2 Tablespoons heavy cream 2 Tablespoons Irish Whisky salt & pepper
to taste watercress

How to Prepare:

Heat butter in heavy skillet until very hot, but not burned. Season steak with salt & pepper and fry quickly both sides. Remove to a warmed platter. Pour cream and whisky into skillet. Stir into browned butter, heat to bubbling. Stir one minute, pour over steak and garnish with watercress.

pepper jack cheese meatballs Serves: 6

CarbsPerServing: 4 Prep Time: 20 min. Effort: Easy

Ingredients:

1 lb ground beef 1 lb ground turkey
sm. package ital sausage 3 eggs 1/4 c. diced onion
1 tsp. sage 1 c. ketchup 1-1/2 c. graded pepper jack cheese

How to Prepare:

put every thing together, mix well, make into balls with a spoon and palm of your hand, drop into a baking sheet and bake for 1/2 hr. on 350. serve speg sauce, classic alfredo, roasted garlic parmesan or a jar of gravy over the top. yummmmy!

Mexican burger Serves: 1-multiply for quantities, 10

CarbsPerServing: 2 Prep Time: 15 min. Effort: Easy

Ingredients:

1 ground beef patty 2-3 tbs fresh salsa (sold in deli dept.)
1 slice cheese (works best with pepper jack-can use any) sliced
jalapenos salt/pepper

How to Prepare:

Cook ground beef to your specifications. Place cheese on top and melt. Salt and pepper to taste. Place salsa/jalapenos on top. Enjoy!!

Italian hamburger Serves: 1-or multiply for quantities

CarbsPerServing: 3 Prep Time: 15 min. Effort: Easy

Ingredients:

1 ground beef patty 1 slice onion
2 tbs. low carb tomato sauce 1 slice mozzarella cheese salt/pepper
italian seasons/mrs. dash

How to Prepare:

Cook beef patty to your specifications. Turn heat to low. Place onions, tomato sauce, seasons, cheese on top of burger. Let stay on low heat until cheese has melted. Enjoy!!

Pastrami, Swiss & Sauerkraut Serves: 4

CarbsPerServing: 5 (16 total in jar of sauerkraut)
Prep Time: 5 minutes Effort: Easy

Ingredients:

1 lb pastrami, sliced 4 slices havarti cheese
1 (24oz) jar sauerkraut 3 Tbsp stone ground mustard 1/2 tsp caraway seeds

How to Prepare:

Cut pastrami into bite size pieces, toss in large bowl with mustard. Set aside. Drain sauerkraut in collander and rinse with hot water until brine odor is gone. Squeeze excess moisture out of sauerkraut, put in bowl and toss with caraway seeds. Arrange 1/4 of pastrami and 1/4 of sauerkraut side by side on plate, cover pastrami with slice of havarti, microwave for 1 to 2 minutes until hot and cheese melts.

Salisbury Steak with Mushroom and Onion Gravy

Serves:4

CarbsPerServing:6.25 carbs - 2.75 dietary fibre = 3.5 net carbs
Prep Time:45 minutes total Effort:Easy

Ingredients:

4 Tbsp butter, divided 1 1/2 cup sliced mushrooms
1 lb ground beef 1 medium onion
1 egg 1/4 cup flax seed meal
1 Tbsp horseradish, or more to taste 1/2 tsp salt
1/2 tsp pepperGravy 1/2 tsp Xanthan gum
1 cup chicken broth/boullion 1/2 cup heavy cream
salt & pepper Worcestershire sauce Kitchen Bouquet (optional)

How to Prepare:

In a large skillet, melt 2 Tbsp butter. Thinly slice 2/3 of the onion. Saute the onion slices and mushrooms until tender. Remove to a plate and set aside.

Combine beef, flax seed meal, egg, 1/2 tsp each salt & pepper and the remaining 1/3 of onion, diced finely. Form into 4 patties. Melt 2 Tbsp butter in the skillet over medium heat, add patties to skillet and cook for 8 minutes per side, until no pink remains inside.

Remove cooked patties from skillet and set aside.

Whisk the Xanthan gum into the hot oil in the skillet until smooth & thickened. Gradually whisk in the chicken broth, bring to a simmer. Simmer 2 minutes, or until it's thickened. Gradually whisk in the heavy cream. Season to taste. Use Kitchen Bouquet if desired to darken colour. Heat over medium til it's simmering again. Add the onions, mushrooms & patties. Simmer on low for 10 minutes until heated through.

Steak with sun-dried tomatoes & crab recipe

Serves:serves 4

CarbsPerServing:5 grams

Effort:Easy

Ingredients:

2/3 cup soft cream cheese with herbs.

1 tbsp chopped oil pack sun-dried tomatoes.

2/3 cup imitation crab meat (about 4 OZ).4 beef top loin steaks, cut 1 inch thick.

1 tsp cracked black pepper.

1 tbsp chopped fresh chives.

How to Prepare:

1. Preheat grill to medium.Stir seasoned cream cheese to soften. Add sun-dried tomatoes. Stirin crab meat. Set aside.

2. Trim fat from steaks. Sprinkle both sides of steaks with the cracked pepper.

3. Grill steaks to desired doneness, turning once halfway through grilling.(allow 8-12 minutes for med-rare and12-15 for med-doneness). Top with cheese mixture just after turning.

4. Sprinkle with chives.

Meatloaf-

Serves:makes 2 large meatloafs with atleast 6 - 8 servings each,10,10

CarbsPerServing:per atkins carb count - 36 net carbs total recipe

Prep Time:1 hour plus baking time

Effort:Easy

Ingredients:

3 lbs hamberger 1 1/2 lbs pork sausage (I use Jimmy Dean)
4 cloves garlic minced 1 med onion chopped fine
1 stalk celery chopped fine 1 large carrot chopped fine
2 Tablespoons Butter 2 teaspoons salt1 teaspoon pepper
2 Tbl sp worcestershire sauce 1 cup pork rinds crushed fine
3 Tbl sp heavy cream 1/2 cup less 3 TBL SP water
3 large eggs scrambled 8 oz tomato sauce devided
1/3 cup dried Parsley

How to Prepare:

In a heavy skillet cook garlic, onion, celery and carrot in butter until tender. Stir in worcestershire sauce, salt and pepper.Mix well and remove from heat to cool. In a small bowel mix crushed pork rinds, heavy cream and water. Allow to set for 5 minutes. In a large bowel mix hamberger and sausage well. In bowel with pork rind mixture add scrambled eggs, parsley and 4 oz tomato sauce. Mix well. To meat mixture add cooked vegetables - mix well then add pork rind mixture and mix really well. Meat will be very moist. Devide meat

mixture in half and mold each into a meatloaf shape. (I have also made one portion into mini meatloaf balls for quick snack)Add meatloaf to well greased pan. One portion can also be frozen for next meal. Bake for 1 hour at 350 degrees then put other 4 oz of tomato sauce on meat loaf and bake additional 45 minutes or until done. Enjoy

low carb meatloaf

Serves:9

CarbsPerServing:5 to 10 approximate

Prep Time:10 min

Effort:Easy

Ingredients:

2 lbs hamb.	3 slices boiled ham lunch meat or ham	
1 can mushroom	1 pkg onion soup and mushroom	1 can green beans
mozzarella cheese	parmessan cheese	1 egg

How to Prepare:

I take my hamb and put the one egg in and half an envelope of lipton onion, musroom soup. Add a little cream if need more moisture. but may not need to.. Add can of drained mushrooms to hamb mix. and you can put a tad of chopped onion in to if you want. spread half hamb in square casserole dish.. then put mozzarella cheese on top.. then place ham or ham slices on top of this. then spread green beans over top of that. Then put rest of hamb on top and top this with parmessan fresh cheese or you can use mozzarella.. Place in oven for 45 min to one hour at 350.

I tryed this new recipe out on a potluck and they ate it all.. (and none were low carb eaters LOL)

gourmet burgers

Serves:4 or 5 depending on size

CarbsPerServing:3 to 4

Prep Time:about 20 to 25 minutes

Effort:Easy

Ingredients:

1 1/2 pounds ground sirloin	course black pepper (placed on dish)
1 can beef broth	
1/2 pk mushrooms (preferably portabella)	Tbl fresh parsley
1 or 2 green onions sliced	

How to Prepare:

Pat out meat to make 4 nice size burgers (1/2 in thick)

Place each burger on plate of pepper and pat on both sides

Heat iron skillet to almost smoking (turn on fan, could get alittle smokey)

Place burgers in hot pan and cook for about 3 or 4 minutes on each side.

Be careful not to burn, check to see if the burgers are nice and brown on the outside of each side.

Next, add the beef broth slowly (will get hot), then add the rest all at once. Add mushrooms and onions. Cook on medium until broth is cooked by half. Spoon broth over top of meat and turn meat over. Add parsley. Cook for about 4 minutes more. To serve, place meat on plate and spoon mixture over meat. Enjoy!!

Baked Spaghetti

CarbsPerServing:39g carbs total

Effort:Easy

Ingredients:

2 cups cooked spaghetti squash -- (2 to 3)	1 pound lean ground beef -- cooked and drained
2 cups fresh mushrooms	1 small onion -- diced
2 cups your favorite lo carb spaghetti sauce -- or canned tomatoes	
2 cups grated cheese	

How to Prepare:

Saute; mushrooms and onion in 1 tbsp butter.

Combine all ingredients and top with cheese. Bake at 350 for 30 minutes.

Bacon Cheeseburger Casserole

Serves:8,10,3,9

CarbsPerServing:5g carbs total

Effort:Easy

Ingredients:

1 pound ground beef	1 egg
4 ounces shredded	cheddar cheese
4 ounces shredded	mozzarella cheese
garlic powder	3 slices bacon -- (3 to 5)
	black pepper

How to Prepare:

Fry or broil bacon, remove from pan and place on towels to drain oil. Lightly brown beef. Drain well. Preheat oven at 350 degrees. Mix all ingredients reserving mozzarella for top. Press mixture into a small casserole and top with mozzarella. Bake in the oven for approximately 30-35 minutes. Edges should be brown and topping (cheese should be melted and lightly browned in places.

Famous Meats

CarbsPerServing:4g carb total

Effort:Easy

Ingredients:

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1 pound burger meat 1 tablespoon barbecue
sauce pinch salt 2 teaspoons worcestershire sauce

How to Prepare:

You mix it around for about 2 minutes at the most.
make them into little pattys of meat and
serve them with thousand island dressing. This
recipe might not sound so good but believe me. Once
you try it, it is delicious. This is no joke at
all. Try it for yourself. It doesnt even have alot of carbs!

Lamb Patties

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

454 grams minced lamb salt and pepper chopped mint or sugar free mint sauce
1 4x 1"x1/4" pieces feta cheese

How to Prepare:

Season the minced lamb with plenty of salt and
pepper. Form into eight 2ozs patties all the same
size. Place a teaspoon of sugar free mont sauce and
a peice of feta on 4 of the patties. Place the other 4 on
top and press around the edses to seal. Cook on a
hot griddle, under a hot broiler or in a lightly oiled frying pan.

Salisbury Steak

Serves:10,10

CarbsPerServing:13g carbs total

Effort:Easy

Ingredients:

1 pound ground beef 1/3 cup dry bread crumbs*
1/2 teaspoon salt 1/4 teaspoon pepper
1 egg 1/4 cup sliced onion 10 1/2 ounces beef broth -- condensed
4 ounces mushroom stems and pieces -- drained 3/4 teaspoon Guar gum**

How to Prepare:

Mix ground beef, bread crumbs, salt & pepper and
egg; shape into 4 oval patties,
each about 3/4 inch thick. Cook patties over medium
heat, turning occasionally, until brown, about 10
minutes; drain. Add onion, broth
& mushrooms. Heat to boiling; reduce heat. Cover
& simmer until beef is done, about 10 minutes.

Remove patties; keep warm. Heat onion mixture to
a boil. Sprinkle guar gum over mixture; stir in. Heat
for a couple of minutes & gravy will start to thicken.
If too thick add some water to desired consistency (I
add 1/2 can of water to make more gravy & cut
down on the salty taste).

Round Steak Rollups

CarbsPerServing:29g carbs total

Effort:Easy

Ingredients:

2 Round Steaks 16 ounces pork sausage --any brand
2 large bell peppers -- sliced in thin strips 1 Medium onion -- sliced in
thin strips 1/4 Cup pepper jack cheese
Seasoning To Taste Lemon Pepper To Taste

How to Prepare:

Preheat oven to 350 degrees. Put round steak
on chopping board and pound it with any large
utensil (Serving spoons work the best)
Season each steak on both sides. Cover each steak
with the 1/4 of the pork sausage, then add
a palm full of peppers and onions and
1/8 cup of pepper jack to each. Roll the steak and put
tooth picks into the steak to hold it shut.
Bake in oven from 25 to 30 minutes,
making sure that pork is cooked through. Make sure
to take picks out, you can slice and serve with
any sauce of choice, I prefer none.
NOTES : Counts for pepper jack cheese and
seasonings not included in totals.

Roast Beef Melt

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 slices leftover roast beef
2 green pepper slices -- cut
in 2 inch pieces
3 mushrooms -- sliced
2 onion slice -- cut in 2 inch
pieces 1 tablespoon butter
2 tablespoons LC Ranch
Dressing

Mozzarella cheese to cover

How to Prepare:

The quantities are approximate - add to your liking. Place roast beef on a heat proof plate or pan. Saute vegetables in butter until tender-crisp and place on top of beef. Spread dressing over the vegetables and top with mozzarella cheese. Broil until cheese is hot and bubbly. This is a quick and easy way to use up leftover roast.

Roast Beef and Asparagus Wrap

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

no itemized ingredientsno itemized ingredients

How to Prepare:

You will need: Cream Cheese (I use cream cheese with chives), Low carb tortilla, Roast beef, 3 asparagus spears grilled. Place in oven on cookie sheet and spray with olive oil and sprinkle with pepper. Bake for about 10 minutes. Spread cream cheese on tortilla, add asparagus and roast beef. Wrap and enjoy!

Red Hot Sirloin

Serves:2

CarbsPerServing:trace

Effort:Easy

Ingredients:

1 pound Beef top sirloin
1/2 cup FRANK'S Red Hot3 tablespoons butter -- (3 to 4)
Salt an Fresh cracked pepper

How to Prepare:

Season the sirloin with salt and pepper and grill till desired doneness. In a saucepan over low heat melt butter and hot sauce together until mixture is hot and blended. Pour directly over hot sirloin and serve. Serves 2.

Ranch Hamburgers

Serves:6

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 pound Hamburger Meat
1 Package Hidden Valley Ranch Dressing
1 Cup Cheese -- Shredded

How to Prepare:

Mix entire dressing package and shreeded cheese in with hamburger and make into hamburger patties. Really adds a lot of flavor to the basic old hamburger. No bad stuff eiether- the ranch dressing has two carbs.

Quick and Easy Meatballs

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 pound ground beef
2 eggs
crushed pork rinds (about 1
cup -- or 1/3 of a bag) 2 tsp ns of italian
seasoning
2 tsp ns of emeril lagasse's
original spice (BAMM!)
1/2 cup parmesan cheese

How to Prepare:

Mix all the ingredients
together in bowl. Form into
meatballs, and put on
cookie sheet. Bake 30 min
at 350 degrees. Here's a
hint. Hunt's Light Spaghetti
sauce has 8 carbs per 1/2 a
cup. Have a couple
meatballs with some
spaghetti sauce, and top it
with mozzarella cheese.
Almost as good as a
meatball sub!

Pressure Cooker Swiss Pepper Steak

CarbsPerServing:34g carbs total

Effort:Easy

Ingredients:

2 lbs round steak -- cut into
serving size pieces
1 tablespoon olive oil -- or
more if needed
1 can beef broth -- (14.5oz)
1 tablespoon dehydrated
onion flakes
1/2 tsp salt and pepper 1 tsp garlic powder
1 tsp onion powder
3/4 cup sliced onion
2 medium green bell
peppers -- cut into chunks

How to Prepare:

Salt and pepper the steak
and brown in oil in the
pressure cooker. Add
remaining ingredients and
close cooker, bringing
pressure up to full, then
reduce heat and cook under
full pressure for 15
minutes. Turn off heat and
let cooker sit for 15
minutes, then release
remaining pressure and
serve.

Pot Roast Extraordinaire

CarbsPerServing:13g carbs total

Effort:Easy

Ingredients:

1 2 1/2 lb pot roast -- (2 1/2
to 3)
1/8 teaspoon garlic powder
1/8 teaspoon ginger
1/8 teaspoon cilantro
leaves, whole
1/8 teaspoon rosemary
sprigs 8 twists ground pepper
1/4 teaspoon salt
3 allspice berries
3/4 cup water

How to Prepare:

Mix together all dry
ingredients EXCEPT
allspice berries in a small
bowl.

Pour water into bottom of shallow baking pan (I use a shallow glass baking dish), place roast in pan. With your fingers, sprinkle the herb mix all over the top and sides of the roast, pressing into meat slightly. Use ALL the herb mix.

Drop the berries into the water.

Cover roast with lid, place in oven and bake for approximately one

hour and 15 minutes. Serve with salad or vegetables. According to my DH, this makes the most moist and tasty pot roast he's ever eaten.

NOTES : Counts for ground pepper not included in totals. Pepper is 4.1carbs per tablespoon.

Portabello Mushroom Lasagne

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 pound ground beef
4 Italian sausage links -- (4 to 5) mild or hot
1 medium onion
garlic salt to taste
pepper to taste6 large Portabello mushrooms
1 large container ricotta cheese
1 egg
Lots of grated mozzarella cheese
Canned spaghetti sauce (or make your own)

How to Prepare:

Preheat oven to 350 degrees. Remove sausage meat from casings. Brown sausage and ground beef with onions, adding garlic salt and pepper to taste. Wash mushrooms and scrape out the black gills. Beat egg into ricotta cheese. Spread a small amount of spaghetti sauce in a large baking dish or shallow roasting pan to prevent sticking. Generously pack each mushroom cap with ricotta mixture and place in the baking dish or roasting pan ricotta side up. Top each cap with a handful of the grated mozzarella. Then top each cap with a with a generous amount of the meat/onion mixture. Top each cap with another handful of mozzarella. Pour spaghetti sauce over the each cap and around the bottom of the pan. Top with the remaining mozzarella cheese. Bake at 350 for 30-35 degrees. Allow to cool for about 10 to 15 minutes.

Peppered Steak with Mushrooms

CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

4 Tri Tip Steaks (or Top Sirloin)
1/4 cup Table Grind Black Pepper (Very Course)
Olive Oil 1 package sliced Mushrooms
4 ounces Heavy Cream
1 shot Cognac

How to Prepare:

Spread pepper on a flat surface. Press the steaks firmly on each side coating the steaks with the pepper. Heat olive oil in a heavy frying pan and cook the steaks several minutes on each side. I use medium heat. Once steaks are done to your liking, (ie: rare, medium, or done.) remove the steaks from the frying pan and place in a warm oven to keep. Place the mushrooms in the frying pan to saute. You may have to add a little more Olive Oil. Once the mushrooms are tender add the heavy cream and cognac. Let the sauce simmer and bubble stirring often. Pour the sauce over the steaks and serve.

Open Faced Roast Beef Sandwich

CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

1 loaf Better tasting protein bread -- (10g carbs) Cut into 8 slices
4 pks budding roast beef or deli beef -check carbs! -- sliced thin
4 ounces muenster cheese -- cut into 8 slices
1/4 cup onion slices
2 tablespoons mayonnaise
1 tablespoon mustard
1 tablespoon horseradish sauce -- more or less to taste

How to Prepare:

Preheat oven to 350f. Spray a cookie sheet with cooking spray. Place the slices of bread on the sheet and bake for 10-15 minutes or until bread crisps up a bit. Mix mayo, mustard and horseradish. Spread on each slice of bread. Layer beef, onions and cheese on slices, and return to oven for approx 15 minutes or until hot and cheese is melted.
NOTES : Budding roast beef is 1g per package; protein bread is 10g per loaf(I'm adding in the egg white powder count at .5g per tablespoon).
I added the protein bread to my MC as "better tasting protein bread"

and 10g carbs per loaf:) I
added "budding meats" at
1g per package:)

Counts for protein bread
and budding roast beef not
included in totals.

Old Fashioned Beef and Cabbage Casserole

CarbsPerServing:32g carbs total
Effort:Easy

Ingredients:

8 cups shredded cabbage
-- thick shreds
3 pounds ground beef, lean
1 cup ragu double cheddar
sauce -- 12g carbs 1/2 cup embassa or herdez
salsa -- 4g carbs -get the
cans, not the bottle kind
1/4 cup heavy cream

How to Prepare:

Brown ground beef and
drain. Preheat oven to 350f.
Spray an 11x13 deep
baking pan with cooking
spray and spread the
cabbage in the bottom. Salt
and pepper to taste.

Mix the cream, sauce and
salsa well.

Spoon the ground beef
evenly over the cabbage
and then pour the sauce
over all, spreading as
evenly as possible.
Bake, uncovered, for 40
minutes or until cabbage is
tender-crisp.

NOTES : Counts for ragu
cheese sauce and
embassa not included in
totals.

Monster Cheeseburger Pie

CarbsPerServing:123g carbs total
Effort:Easy

Ingredients:

Filling:

3 pounds lean ground beef
1 onion -- sliced
1 tablespoon
Worcestershire sauce
1/2 cup soy sauce
6 ounces tomato paste
1 1/2 cups shredded
cheddar cheese
2 eggs -- beaten with
1/4 cup water

Crust:

2 cups soy flour
1/2 cup lard
1/2 cup soy milk -- ready to
drink

How to Prepare:

Cut lard into soy powder
with pastry cutter until it
forms pieces the size of
small peas. Add soymilk a
little at a time, mixing until a
dough is formed (this is a
VERY hard pastry to work
with but it's worth it!). Roll
out on floured (soy) surface
to 1/4 inch thickness (or pat
into 12"x2" pie pan) Fry
hamburger. Drain. Add
onion, sauces and tomato
paste, and fry adding a little
water if too thick. Add eggs
& stir until combined. Fill

crust and top with cheddar.
Bake for 40 mins. Serves 4
very hungry people or 8

Mock Chili

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

1 pound ground beef
4 no carb smoked
sausages
1/4 cup onion -- diced
1 small can tomatoessalt -- to taste
1 pinch chili powder
cheddar cheese --
shredded

How to Prepare:

Sautee onion, then brown
ground beef, slice
sausage in bite size pieces
and brown in frying pan.
Then combine all
ingredients in frying
pan.Simmer about 10
minutes. Top with shredded
cheese before serving.

Tasty Steak

Serves:10,4
CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

no itemized ingredients
no itemized ingredients

How to Prepare:

For the best steak EVER
take any steak , fry in butter
w/a dash of A-1 , and
pour on the parmesian
cheese (on both sides)fry
till done

Tacos Pioneros

Serves:10
CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

Beef (lean cuts work best) --
chopped
slices of Bacon -- chopped
slices of Ham -- chopped
Onion -- chopped
Bell Pepper -- choppedDiced tomato
Worcestershire Sauce
(spelling?)if desired
Powdered cummin and
pepper
Shredded Cheese (The
melting kind.
Mexican Chihuahua cheese
works
best)

How to Prepare:

Start by heating up a large
non-stick skillet and placing
the bacon
until somewhat brown but
not quite done. Add the ham
and beef and
let it all cook on a medium
fire with the seasonings.
Add the
vegetables, finish cooking
and put it on a separate
container.
On the same skillet place a
small portion of the meat
and vegetables
(enough for a single taco)

and add a generous amount of shredded cheese.
wait until the cheese melts and turns somewhat hard under the meat, fold it in order to form a taco with the hardened melted cheese acting as a tortilla. Repeat the process over for the remainder of the meat and vegetables.

Swill

Serves:8
CarbsPerServing:39g carbs total
Effort:Easy

Ingredients:

1 pound pork -- ground
1 teaspoon coriander seed
1 teaspoon fennel seed
1 teaspoon mustard seed
1/2 jicama -- cubed2 stalks celery -- sliced thinly
1/2 green bell pepper -- cut in small pieces
salt
pepper
onion and or garlic if desired

How to Prepare:

Saute jicama cubes, celery slices and green pepper pieces (and onion/garlic if desired) in butter til tender; remove from pan

In same pan, brown ground pork; when half way browned, add coriander, fennel and mustard seeds; when pork is browned, add vegetables back in and continuing sauteing a few more minutes while you add salt and pepper to taste.

Voila! this was great served with a salad. (if you prefer, you can use ground beef or ground turkey, I'm sure either of those would be good too).
NOTES : Counts do not include onion and/or garlic

Stuffed Zucchini Bake

CarbsPerServing:35g carbs total
Effort:Easy

Ingredients:

4 medium zucchini -- wash and cut in 1/2 lengthwise
1 pound ground beef
1 clove garlic -- minced fine
1/2 cup onion -- diced1/2 cup mushroom -- diced
1/2 cup parmesan cheese
-- or cheddar -your choice
1 each salt and pepper -- to taste

How to Prepare:

Preheat oven to 350f and spray a cookie sheet or casserole with cooking spray. Use a spoon and shell out the zucchini to make "boats". Leave the skin and about 1/4 inch or so of flesh intact. Chop pulp

roughly.
 In a skillet, add ground
 beef, onion, garlic,
 mushrooms and zucchini
 pulp. Cook through, stirring
 to break up meat.
 Lay the zucchini boats in
 prepared pan and spoon
 meat filling into
 them. Bake, covered, for 20
 minutes. Uncover and
 sprinkle with cheese and
 bake until cheese melts.

Pin Wheel Steaks stuffed with Spinach

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 Pin Wheel Steaks, stuffed with spinach & feta
 (purchase at grocery already stuffed,
 Brunos in our Area.)
 Olive Oil for frying Garlic Powder -- Sea Salt,
 BlackPepper (to taste) watch salt feta cheese is very salty.
 4 oz. heavy cream 1/4 stick or more of butter
 1 lg. can green beans

How to Prepare:

Sautee steaks in Olive Oil.Cover and simmer on
 low about 1hour or until very tender. Turning
 gently. (they fall apart very easily) Remove
 steaks melt butter in skillet with meat drippings,
 add heavy cream, stir until blended. Stir in 1
 can of drained green beans simmer covered for a
 few minutes serve green beans along with steak.
 Pour Sauce over meat Serves 2. This is absoulutely
 excellent.

Stuffed Flank Steak

Serves:1

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

1 pound flank steak -- (1 to
 1/2)
 1 cup ricotta cheese
 fresh parsley -- diced
 garlic powder -- to tasteonion powder -- to taste
 1/2 cup mozzarella cheese
 1 cup fresh spinach --
 washed and cleaned

How to Prepare:

Pound flank steak out to
 create a thin layer, sprinkle
 with meat tenderizer and let
 sit. Mix ricotta, parsley
 and spices. Spread on
 steak in a thin layer. Top
 with
 spinach leaves and
 sprinkle with mozzarella.
 Roll up
 tightly and tie up the ends
 (or pierce with Kabob
 holders).
 Bake in 375 degree oven for
 about 30 - 45 minutes. Slice
 into rolls.
 *Optional--serve with red
 sauce for topping. This
 gives it
 a manicotti type feel.
 NOTES : Counts for parsley,
 garlic powder and onion
 powder not
 included in totals.

Steak Pizzaiola

Serves:10,10

CarbsPerServing:3g carbs total

Effort:Easy

Ingredients:

1 steak -- rib eye.. any size
 2 teaspoons tomato pasteItalian seasoning -- or

herbs as below
1 ounce mozzarella cheese
-- grated

How to Prepare:
Preheat broiler to as hot as
you can get it.

Broil steak on top rack of
oven (just about 2-3
inches from broiler) until
brown on one side. Turn
and broil second side.

When almost to your
desired doneness, remove
from broiler and spread
with tomato paste. Sprinkle
lightly with Italian
seasoning (if you don't have
it pre-mixed, just sprinkle
on a dash of organo, basil,
and rosemary), and top with
cheese. Return to broiler
until cheese is melted and
beginning to brown.

This recipe is my version of
the famous dish from
Anna's Little Napoli in
Savannah, GA. It's very
close to the original, I think!
NOTES : Counts for Italian
seasonings not included in
totals.

Steak Marsala

CarbsPerServing:4g carbs total
Effort:Easy

Ingredients:

1 steak -- strip, chuck eye ,
or ribeye
1/4 c dry sherry -- or white
wine
1 clove garlic -- minced3 tablespoons sour cream
2 tablespoons butter

How to Prepare:
Saute garlic in butter. Add
seasoned steak. Cook to
desired doneness.
Remove steak. Add Sherry
to pan...let it cook down a
little...whisk in the
sour cream. Serve sauce
over the steak. Wonderful
taste that is good
enough for company.
Everyone who has tried it,
loves it! If you are making
it for everyday, use the
chuck eye steak. It's cheap
and tasty.

STEAK AU POIVRE

CarbsPerServing:5g carbs total
Effort:Easy

Ingredients:

1 teaspoon whole black
peppercorn
1 teaspoon whole white
peppercorns
*tsp whole coriander
seeds
*tsp whole allspice
4 beef tenderloin steaks --
top loin or sirloin - 1" thickkosher salt -- to taste
2 tablespoons butter
*cup brandy
1 *cup beef stock

How to Prepare:

<http://www.freeworldadvertising.com/>

Combine all the
peppercorns and seeds.
To crush: place them in a
clean kitchen towel &
smash them with a
cleaver so the mixture is
partly coarse and partly fine.
(You can also use a mortar
& pestle or a coffee grinder
--- just pulse
til the correct consistency.)
With your hands, press the
pepper mixture into both
sides of the steaks
and then sprinkle them with
the salt.

Heat a large, heavy-based
skillet (preferably cast iron)
over
medium-high heat for a few
minutes.
Add the butter, and before it
turns brown, add the
steaks, making sure
not to crowd the pan.
Cook them, turning often,
for 6 to 8 minutes or until
they are brown.
Set a steak on each of four
dinner plates and keep
them in a warm oven.

Pour the brandy into the pan
and bring it to a boil. Scrape
the bottom
of the pan to remove the
brown bits that cling to it.
Pour in the stock
and bring to a boil. Let the
mixture bubble steadily until
it reduces to
* cup.
Spoon the sauce over the
steaks and serve at once.
I have also, on occasion,
put a pat of butter on top
once the sauce has
been put on.

Great with a 'loaded' salad
w/ bleu cheese dressing
and mashed
'fauxtatoes'. :)

Cheesey Steak

Serves:2,10,8

CarbsPerServing:6

Prep Time:20 min.

Effort:Easy

Ingredients:

8 oz Beef for chicken fried steak
1/4 c onions -chopped
1 garlic clove chopped
1 Tbs. olive oil
1/2 c Ragu Double Cheddar Pasta Sauce

How to Prepare:

Sear steaks in oil 2 minutes per side in a hot skillet. Remove
steaks,lower heat to medium, add onion and garlic to remaining oil in
skillet. Saute until tender. Return steaks to skillet and top with
cheese sauce. Heat throughly.

Delicious!!

Sausage, Cabbage and Mushroom Pie

Serves:6-8,5,10,10

Prep Time:30 minutes

Effort:Easy

Ingredients:

1 lbs of Jimmy Dean Hot Sausage
8 oz fresh mushrooms, sauteed in butter
1 head of cabbage, shredded
16 oz sour cream

How to Prepare:

<http://www.freeworldadvertising.com/>

brown the sausage, drain, add the cabbage in the same pan and cook until slightly wilted. Mix sausage, cabbage, mushrooms, sourcream and seasonings to your taste. Bake at 350 for 20 to 30 minutes. I bake mine in 2 9" pie plates. As we use to bake this in pie shells.

cheesesteak supreme

Serves:varies
CarbsPerServing:varies
Effort:Average

Ingredients:

frozen minute steaks chopped pepperoni
shredded mozzarella and or deli american cheese
canned mushrooms
peppers
onion
(I use the Birdseye frozen pepper stir fry, it has red, green, yellow peppers & onion in it)

How to Prepare:

Crumble frozen minute steaks into a pan. Cook until no longer pink and take out of pan and drain well on paper towels. While steaks are draining add chopped pepperoni, mushrooms, peppers & onions to hot pan. When peppers are tender add steak back to pan. Mix everything together and sprinkle generously with cheese and let melt. This is VERY good so portion control is a must!

Super Easy Stir-Fry

Serves:1
CarbsPerServing:4
Prep Time:10 mins
Effort:Easy

Ingredients:

8oz Steak
3/4 Winter Mix Veggies
(Broc & Caul) Thawed
2 tsps Worcestershire
1/2 tsp Garlic Powder
Salt & Pepper

How to Prepare:

Cut Steak in to Bite sized strips... Brown in Wok or frying pan add Veggies, Wor. Sauce & Garlic. Heat until Veggies are done to desired tenderness. Add salt and Pepper to taste and Enjoy!

Alfredo Beef and Broccoli Bake

Serves:4,8,7,8,7,9
CarbsPerServing:7
Prep Time:25-30 minutes
Effort:Easy

Ingredients:

1.5lbs lean ground beef
1 cup diced onion
1 can (4oz) sliced mushrooms; drained
1lb bag frozen broccoli flowerettes; thawed
1/2 bottle ragu alfredo sauce
salt, pepper and garlic powder to taste
extra parmesan cheese for the top

How to Prepare:

Brown ground beef with onions. Drain if needed. Add salt, pepper and garlic powder to taste then add the mushrooms and broccoli. Cover and let steam for about 5 minutes over medium heat, stirring occasionally. Raise heat to high, pour on alfredo sauce* and let simmer 2-3 minutes to heat through. Top with a sprinkle of parmesan cheese and enjoy!

Shepherds Pie

Serves:2,9,10,10,10,1
CarbsPerServing:11.7 grams w/ 5.7 fiber
ECC: 6 grams
Prep Time:around 45 minutes
Effort:Average

Ingredients:

1.5 lbs. ground chuck
1.5 cups frozen french cut green beans
2 cups cauliflower florets
2 T. butter
1/8 cup heavy cream

How to Prepare:

Make mashed fauxtato topping by boiling cauliflower until soft. Drain thoroughly, then add butter, desired seasonings and heavy

cream. Whip until they become a "mashed potato-like" consistency.

Fry ground beef in a pan until done. Drain off grease and set aside.

Cook green beans until tender.

Layer green beans at the bottom of a small casserole dish. Next add ground beef, covering the green beans. Top with whipped cauliflower.

Bake at 400 for 15 minutes.

Asian Lamb

Serves:5

CarbsPerServing:5g total

Effort:Easy

Ingredients:

1/2 teaspoon cinnamon

1/2 teaspoon black pepper

2 teaspoons lemon juice

1 tablespoon olive oil1 tablespoon dried onion -- minced

1 teaspoon No-Salt

5 pounds leg of lamb -- (5 to 6)

How to Prepare:

Combine all ingredients except lamb. Rub mixture over outside of lamb. Place leg, fat side up, on a rack in a shallow pan. Roast at 400 degrees for 2 hours, or until done to your tastes.

Cottage Pie

Serves:3

CarbsPerServing:5g carbs total

Effort:Easy

Ingredients:

1/2 pound ground beef -- or
steak

1 teaspoon onion flakes

1/2 teaspoon garlic powder

1 teaspoon beef gravy

powder

salt and pepper -- to tasteTopping:

3 medium cauliflower

flowerets

1 stick butter

1/2 cup cheddar cheese --

grated

salt and pepper -- to taste

How to Prepare:

Cook beef, garlic powder,
and onion flakes in 1 tsp oil
until meat is all brown. Add
1 cup boiling water to the
beef gravy powder and stir
into the meat mixture. Add
salt/pepper as desired.

Meanwhile, cook the
cauliflower in boiling water
until very soft. Mash well
with a potato masher, or
whizz in a food blender until
smooth. Mix in the butter

and cheese and
salt/pepper. Put the meat
mixture into a small pie
dish and top with the
cauliflower mash. Bake for
about 20 minutes at 350F.
Add a little more grated
cheese to the top and
brown under a broiler.

NOTES : Counts for beef
gravy powder not included
in totals.

Veal Steaks

CarbsPerServing:17g carbs total

Effort:Easy

Ingredients:

2 tablespoons whole wheat
flour

1/4 teaspoon pepper --
freshly ground

4 boneless veal loin steaks

(1 inch thick) -- (4oz)
Vegetable cooking Spray
1 teaspoon Olive Oil 1/2 cup canned
no-salt-added beef broth --
undiluted
1 1/2 tablespoons Capers
2 teaspoons Dijon Mustard
1/2 cup sour cream

How to Prepare:

1. Combine flour and pepper; dredge veal steaks in flour mixture. Coat large nonstick skillet w/cooking spray; add oil. Place over medium-high heat until hot. Add veal and cook 2 minutes on each side or until browned. Remove from skillet. Drain and pat dry with paper towels. Wipe drippings from skillet w/paper towel. Return veal to skillet.

2. Combine beef broth, capers and mustard; pour over veal. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until veal is tender. Transfer veal to serving platter and keep warm.

3. Bring broth mixture to a boil; cook, uncovered, over medium heat 5 minutes or until mixture is reduced by 1/2. Remove from heat; add sour cream, stirring until blended. Spoon over veal.

Famous Meats

CarbsPerServing: 4g carb total
Effort: Easy

Ingredients:

1 pound burger meat
1 tablespoon barbecue sauce
pinch salt
2 teaspoons worcestershire sauce

How to Prepare:

You mix it around for about 2 minutes at the most. make them into little pattys of meat and serve them with thousand island dressing. This recipe might not sound so good but believe me. Once you try it, it is delicious. This is no joke at all. Try it for yourself. It doesnt even have alot of carbs!

A Different Tostada

Serves: 8

CarbsPerServing: 8.5
Effort: Easy

Ingredients:

8 each red cabbage leaf -- washed; raw
1 can black soy beans -- drained
2 tablespoons lard -- or shortening
1/4 cup chopped onion
1 pound ground beef
1 cup shredded lettuce
1/2 cup diced tomato
1 cup shredded cheddar cheese
1 Tablespoon chili powder
-- divided

2 teaspoons cumin powder
-- divided
1 tablespoon dried oregano
-- divided
1 each salt and pepper -- to taste

How to Prepare:

In a food processor, process drained beans with 1/2 the seasonings until desired consistency is reached. Heat lard in a skillet and fry processed, seasoned beans over low heat for about 7-8 minutes or until warmed

through and creamy looking. Fry ground beef with remaining seasonings until cooked through.

Assemble tostadas: lay out cabbage leaves (you need firm leaves).

Spread with the refried beans, then the meat, onion, lettuce, tomato then top with the cheese. This makes 8 large tostadas -you can also skip the leaves and add a layer of sour cream, guacamole and salsa to make a layer dip that's great with pork rinds.

Burger Scramble Florentine

Serves:10,10

CarbsPerServing:27g carbs total

Effort:Easy

Ingredients:

1 1/2 pounds ground beef
1/2 onion -- diced small
10 ounces frozen spinach -- thawed and drained
8 ounces cream cheese 1/2 cup heavy cream
1/2 cup shredded parmesan cheese
salt and pepper -- to taste

How to Prepare:

Preheat oven to 350f. Spray a large casserole with cooking spray(lol -unless you enjoy scrubbing;)).

Brown ground beef and onion. Add spinach and

cook through until meat is done. Soften cream cheese and add in salt, pepper, cream and parmesan -blend

thoroughly. Mix with meat mixture and spoon into casserole. Bake, uncovered, for 30 minutes or until bubbly and browned on top.

Broccoli Beef with Fried Rice

Serves:2

CarbsPerServing:10.5g

Effort:Easy

Ingredients:

2 pieces flank steak or any thin sliced beef -- about 1/2 pound
1/2 head broccoli
1/4 onion
1/2 head cauliflower
1 egg -- beaten Olive oil
Soy sauce
Garlic Salt
1/4 cup water

How to Prepare:
Cut beef into strips
Stir fry in olive oil on
medium high heat, season
slightly with Garlic salt.
Add 1/4 cup water, 1/2 head
Broccoli (cut in small
pieces) and sliced onion.
Add and a splash of soy
sauce and cook on medium
heat until broccoli and
onion are cooked, I like
mine
still crunchy.

Cut the cauliflower florets
into tiny pieces (like rice)
Stir fry in olive oil, add a
splash of soy sauce and
garlic salt.
Add 1 egg and stir fry until
egg is cooked and
cauliflower
is just getting tender.
If it still tastes like
cauliflower add a little more
soy
sauce.

Pour the broccoli/beef
mixture over the "Fried Rice"
and
pretend you are in the
Chinese restaraunt!
Makes enough for two
meals.

Country Fried Steak

Serves:10

CarbsPerServing:3g carbs total

Effort:Easy

Ingredients:

1 bag pork rinds and
crushed them till very fine
4 small boneless steaks2 eggs
1/4 cup heavy cream -- or
more if needed

How to Prepare:
Whip eggs and heavy
cream together using fork.
Then dip steak into the
eggs/cream and roll in
crushed pork rinds.
Deep fry till done. Very
good!

Bleu Cheese Burgers

CarbsPerServing:4g carbs total

Effort:Easy

Ingredients:

1 1/2 pounds ground beef
1/2 tea spoon onion powder
1/2 tea spoon garlic powder1/4 teaspoon salt
1/4 teaspoon pepper
2 ounces bleu cheese --
crumbled

How to Prepare:

1. Preheat grill. Combine
ground beef, onion powder,
garlic powder, salt, pepper
in a bowl; mix well.

2. Shape ground beef
mixture into 8 thin patties.
Place
on a surface lined with
waxed paper.

3. Divide blue cheese
among 4 patties. Top
cheese with

remaining patties. Press edges of patties together to completely enclose filling.

4. Place burgers on rack. Grill over medium-hot coals, turning once, until cooked through, about 15 minutes.

*vary the burger by using swiss or cheddar instead of blue cheese.

Sloppy Joes

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

Minced beef (0 carbs so as much as you want)
1 can chopped tomatoes
1 1/2 tubes very low carb tomato paste -- less than 1 carb per tube)
100 ml V8 juice
minced garlicolive oil
a little water (about 100 ml)
250 grams chopped mushrooms
spices: italian herbs (1 tablespoon) -- onion powder, cumin, paprika, (1 tsp of each), a pinch of salt and pepper.

How to Prepare:

Brown the minced beef in one pan. In another large pan, fry the garlic in the olive oil. Then add the beef, the chopped tomatoes, the tomato paste, the V8 juice, the water, the chopped mushrooms and the spices. Bring to the boil and simmer for an hour.

Make the revolution rolls from the recipe room for the buns. (I add a little carbolite bake mix to them for a better texture).

Spoon the sauce onto the rolls and add some shredded cheese and top with another roll. Enjoy!!

You can also use the sauce as a spaghetti sauce on the mung bean vermacellie available from Chinese grocery stores.

Black & Blue Burgers

CarbsPerServing:9g carbs total
Effort:Easy

Ingredients:

1 pound ground beef
1 egg
4 ounces bleu cheese -- crumbled
2 tablespoons vinegar -- malt - a must!2 tablespoons white vinegar
4 tablespoons sour cream
pepper

How to Prepare:

This will generate a lot of

smoke so turn on the fans,
open the kitchen
windows, disconnect the
smoke alarm, etc.

First, we'll make the blue
cheese sauce. Combine
the sour cream, a little
pepper, and the vinegars
into a bowl. Beat until mixed
well. Then, when
smooth, mix in the blue
cheese. Return to the fridge
while we make the
burgers.

Mix the egg into the ground
beef and form patties. Heat
a skillet until
SMOKIN hot (Cast iron is
best here). Sprinkle a
liberal amount of pepper
into the bottom. Then drop
on the hamburger patties.
Blacken the burgers
- they should be dark and
crusty on the outside while
still a touch pink
in the middle.

Now spoon the sauce onto
the burgers and enjoy.

Pork Tenderloin in Hearty Cream Sauce

CarbsPerServing:21g carbs total
Effort:Easy

Ingredients:

1 medium onion
1 pound pork tenderloin --
cut in bite size pieces
3 tablespoons minced
garlic
garlic powder and onion
powder -- a shake or two -
optional1 stick butter -- to taste
16 ounces chicken broth --
canned
4 tablespoons heavy cream

How to Prepare:

1.Melt butter over medium
heat
2.Slice or dice onions and
pork
3.Sautee in pan with garlic
until meat is lightly browned
4.Deglaze pan by pouring in
chicken broth and cook on
high heat until liquid is
reduced by 50%
5.Add cream and reduce to
desired thickness
6.Add cracked pepper to
taste.

Benihana Steak

CarbsPerServing:3g carbs total
Effort:Easy

Ingredients:

1 teaspoon soybean oil
5 ounces sirloin steak --
boneless
2 large mushrooms --
sliced vertically1 tablespoon lemon juice
1 pinch salt and pepper
(optional)

How to Prepare:

Heat non-stick skillet (if
electric set to 360 F). Add oil
to heated skillet. Cut steak
into bite-size cubes: place
in skillet with mushrooms
and lemon juice. Cook
steak until done to taste.
Season with salt and
pepper if desired and serve

hot. (Makes 1 serving)
Serving suggestion: Dip
steak in Benihana Magic
Mustard Sauce.

Benihana Hibachi Steak

CarbsPerServing:2g carbs total
Effort:Easy

Ingredients:

1 teaspoon safflower oil
7 ounces sirloin steak --
boneless, bite size pieces2 large mushrooms --
sliced vertically
1 pinch salt and pepper
(optional)

How to Prepare:

Add oil to heated non-stick
skillet (for electric skillet, set
at 425F). Place steak in the
skillet with mushrooms and
cook until done. Season
with salt and pepper if
desired.

Chicken or Beef Stroganoff

CarbsPerServing:27g carbs total
Effort:Easy

Ingredients:

1 1/2 pounds chicken -- or
beef cut into stir fry strips
4 tablespoons butter --
divided
1/2 onion -- sliced thin
1 clove garlic -- finely
chopped
1/2 cup water1 chicken bouillon cubes --
or 2
1 pint sour cream -- 1
medium container (pint?)
dash mustard
pepper
dill seed -- optional

How to Prepare:

In skillet melt 2
tablespoons butter and add
onion and garlic (and
sliced fresh mushrooms or
canned if you like) .
Brown on low heat (not to
burn garlic) and cook until
onion is
caramelized. Remove from
pan and set aside.
In same skillet add 2
tablespoons butter and
meat strips. Add pepper
and dill seed.
Cook until well browned
and butter has cooked
away. Then add 1-2
boullion cubes (beef or
chicken) and 1/2 cup water.
Continue cooking
until ll moisture has gone
and beef/chicken is coated
nicely.
Turn heat to low and add
sour cream, 1 small squirt
regular mustart.
Add onions and garlic (and
mushrooms if used)
Stir well and heat through
without boiling.

Beef Pull-A-Part

CarbsPerServing:22g carbs total
Effort:Easy

Ingredients:

4 lbs. chuck roast -- (4 to 6)
3 pieces celery -- minced1 onion -- minced,
small/medium

1/3 cup soy sauce

How to Prepare:

Cut the chuck roast into 1-2 inch cubes, place in crock pot. Add minced onion and celery. Pour soy sauce over meat. Cover. Cook on high for 1 hour, then turn heat down to low and cook for 11 hours. Shred cooked meat with a fork. This recipe is supposed to be for sandwiches, but it is just as tasty by itself!

Important -- leave the fat on the roast while cooking, discard while shredding the meat. This helps to keep the meat tender.

Beef Patties w/Mushroom Gravy

CarbsPerServing:14g carbs total

Effort:Easy

Ingredients:

1 1/2 pounds ground chuck
-- or other lean ground beef
1/2 cup pork rinds --
crushed
1 each large egg
1 tablespoon
worcestershire sauce
1/2 teaspoon salt 1/2 teaspoon pepper
4 ounces canned
mushrooms -- do not drain
1/2 cup heavy cream
1/2 teaspoon salt
1/2 teaspoon pepper

How to Prepare:

In a large bowl, mix beef with pork rinds, egg, worcestshire, salt and pepper. Divide into 4 and form into patties. Fry for 4 minutes on each side to brown, then add the mushrooms and liquid. Reduce heat, cover and let simmer 15 minutes, turning patties after 10 minutes. If the liquid boils off, add another 1/4 cup water. Add the cream and remaining salt and pepper. Cover and simmer over very low heat an additional 10 minutes or longer - until patties are cooked through. Turn patties to coat with sauce, then pour any remaining sauce and mushrooms over to serve. Personal note: I find that a dash of nutmeg in the cream brings out the flavor better.

Beef with Broccoli(simple)

CarbsPerServing:36g carbs total

Effort:Easy

Ingredients:

1 pound beef round steak,
R-T-C -- cut into bite-sized
pieces
2 tablespoons soy sauce --
low sodium if preferred
1 bunch broccoli -- cut into
1" pieces and florettes
separated 1 packet sweetener

1/4 cup oil -- more or less -
for cooking
1/2 cup water

How to Prepare:

Toss cut round steak with
soy sauce and let sit 15
minutes.
Heat oil over med/high heat
and quickly stir fry beef.
Remove from pan. Add
broccoli, water and
sweetener, cover and cook 5
minutes or until broccoli is
just starting to turn tender,
stirring occasionally.
Add beef back in and warm
through before serving.

Beef Bar-B-Que

Serves:10

CarbsPerServing:15g carbs total

Effort:Easy

Ingredients:

3 pounds beef chuck roast
chopped onion
3 tablespoons artificial
sweetener
2 teaspoons yellow
mustard
pepper
2 tsp paprika2 cloves garlic -- minced
salt -- to 1 teaspoon -
personal preference
1/3 cup vinegar -- cider
vinegar best
1 tablespoon
 Worcestershire sauce
1 can tomato paste -- (1.6
ounce)
1 cup water

How to Prepare:

Put meat in crock-pot. Mix
all other ingredients and
pour over meat.
Turn crock pot on high and
let it go for about 4 hours
then reduce heat to low and
cook another 6 hours or so.
The longer the better.
Remove meat to a plate
and let cool a bit. Then
shred it using two forks.
Return it to sauce.
Can be eaten immediately
or refrigerated for later. (if
meat does not shred easily
then you need to cook it
longer) NOTES : No carbs
added for onion - you will
need to add to carb total
above depending on how
much you use.

Bbq

CarbsPerServing:18g carbs total

Effort:Easy

Ingredients:

1 pound ground beef
seasoning (salt, pepper,
italian seasoning)
1/2 cup canned crushed
tomatoes
1 tablespoon
 Worcestershire sauce1 tablespoon lemon juice
1 tablespoon vinegar
3 tablespoons splenda

How to Prepare:

Brown hamburger with salt ,
pepper, Italian seasoning,
Drain. Add the rest of the
ingredients and simmer

uncovered for 20 minutes
until liquid is gone.

BEEF ITALIANO

Serves:2
CarbsPerServing:14.5g
Effort:Easy

Ingredients:

For Meat Patties:
1 pound ground beef --
(Angus)
meat tenderizer
fresh cracked pepper
1 egg yolk
1/4 cup parmesan cheese
-- shredded
For Tomato Fresco:
14 ounces tomatoes,
canned -- 14 - 16, chopped
1 clove garlic -- minced
1 shallot -- minced
1 jalapeno pepper --
minced
1/2 teaspoon basil
1/2 teaspoon oregano
1/4 teaspoon salt
1/8 teaspoon fresh cracked
pepper
2 tablespoons olive oil
Additional ingredients:
2 slices mozzarella cheese
-- extra thick cut
4 tablespoons parmesan
cheese -- shredded

How to Prepare:

Mix all lightly...do not
overwork! Shape into 2
large thick patties.
Set aside.

Heat oil in a saucepan, and
saute the garlic, shallot and
jalapeno
until tender. Add tomatoes
and all spices, cook over
medium heat for 15
minutes.

Grill or fry patties until
medium rare. Place them
on a ovenproof pan
and top with the mozzarella
slices and broil until
cheese is bubbly. Place
patties on plates, and top
each with half of the
sauce...Sprinkle each
with 2 T of cheese and
serve. Serves 2

Beef and Sausage Casserole

CarbsPerServing:35g carbs total
Effort:Easy

Ingredients:

1 1/2 pounds Ground Beef
3/4 pound Pork Sausage --
(3/4 to 1)
1/2 cup red onion --
chopped
1/4 pound chopped
mushrooms
3 cloves garlic -- crushed -
3 to 4
1/4 teaspoon italian spices
-- to taste
1/2 cup shredded cheddar
cheese
3 Eggs
6 ounces tomato sauce
salt and pepper -- to taste
2 Italian sausage links

How to Prepare:

Lightly brown the Italian
sausage. Mix 2/3 of the

tomato sauce with the
rest of the ingredients
(except the Italian sausage)
in a large bowl.

Place half the mixture in a
large (3x5x9 or larger) loaf
pan. Layer the
Italian sausage links
lengthwise down the
middle and cover with the
remaining mixture. Spread
the remaining tomato
sauce over the top and
bake at 350 until well done.

Beef and Been Entree

CarbsPerServing:25g carbs total

Effort:Easy

Ingredients:

1 pound lean ground beef
1 cup diced onion
1 can tomatoes with green
chilies1 can trappeys black eye
peas -- 70g carbs; 18g fiber
1/2 cup shredded cheddar
cheese
1 each salt and pepper -- to
taste

How to Prepare:

Brown ground beef and
onions until cooked lightly.
Drain well and add
everything but the cheese.
Reduce heat to low, cover
and simmer 15
minutes.

Serve with cheese
sprinkled over top.

Beanie Weenie Stir Fry

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Your favorite Sausage:

turkey, pork, or beef
Onions and garlic to taste
Frozen green beans:
bluelake or other blunt cut
style

How to Prepare:

Slice sausage on the
diagonal. Meanwhile,
defrost beans til almost
thawed.

Sautee sausage with
onions and garlic, adding
beans when there are
enough drippings that the
beans won't stick. (You
could also use olive oil or
butter.) Sauteee until
sausage is cooked through
and beans are warmed to

your liking.

BBQ Beef Kabobs

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 pound top round steak
1 broccoli or cauliflower
1 large onion cut into
wedges
1 large green pepper --
seeded and cut into
1 inch pieces12 cherry tomatoes
12 bacon slices
12 fresh mushrooms
Barbeque sauce

How to Prepare:
Pound meat tenderizer into
steak. Cut steak into 1-1/2
inch pieces.
Thread carrot, onion, steak,
green pepper, tomato and
mushroom wrapped with
bacon slice alternately on 6
(15 in.) skewers. Make sure
carrot slice is the
last item on each end to
hold kabob together during
grilling. Place on grill
over medium hot coals.
Grill, covered, 6 minutes on
each side or to desired
doneness. Baste frequently
with Barbeque sauce.

Basic and Easy Stove Top Beef w/Onion Mushroom Gravy

CarbsPerServing:17g carbs total

Effort:Easy

Ingredients:

1 really big beef roast
(4-5lbs -or
whatever will fit into your
biggest pan)
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1/2 cup cooking oil 4 cups water
2 teaspoons guar gum
2 tablespoons dehydrated
onion flakes
4 ounces sliced mushroom
-- pieces are fine
additional salt and pepper
to taste

How to Prepare:
Mix salt, pepper and garlic
powder and rub into roast.
Let sit 10 minutes at
room temp. Heat oil in a big
pan. You want it hot - but not
smoking. Put in roast and
let brown well, over medium
heat, for about 5 minutes
per side or until
really browned nicely. Once
that's done, Raise heat to
high and add water. Bring to
a good boil,
cover, reduce heat and
simmer for 2 hours -turn
roast every 1/2 hour so it
doesn't dry out. Remove
roast from water and raise
heat. Add in mushrooms
and dried onion and
let boil for about 2 minutes.
(There should be about 3
cups liquid at this
point -you may want to skim
off some of the fat on top).
Mix guar gum with 1/2 cup
cold water and whisk into
the boiling gravy to
thicken. Allow to boil for 2
minutes.
Serve hot. NOTES : Counts
for guar gum not included -
adjust accordingly

Crock Pot Meatballs

CarbsPerServing:19g carbs total
Effort:Easy

Ingredients:

2 lbs ground beef
2 cups crushed pork rinds
(measure before
crushing)
2 large eggs
1/4 cup parmesan cheese
-- shredded
1/2 cup onion -- finely

minced2 tablespoons
worcestershire sauce
1 teaspoon salt and pepper
2 ounces tomato sauce
1/4 cup water

How to Prepare:

Mix everything except the tomato sauce and water well.
Form into meatballs. Place in crock pot and pour mixed sauce/water over all.
Cover and cook on low for 5 hours. (After about 2 hours, gently stir to make sure they don't all stick together. You may need to remove about to do this without breaking them all up).
**I have made these many times, and baked them for 30 minutes first so they don't put as much fat into the sauce.

Crockpot Corned Beef and Cabbage

CarbsPerServing:14g carbs total
Effort:Easy

Ingredients:

3 beef brisket
1/2 cup water
1/2 cup chopped onion2 cloves garlic -- minced
2 Bay leaves
1 Head cabbage -- cut into
8 wedges

How to Prepare:

Place corned beef in Crock pot. Add water, onion, garlic and bay leaves.
Cover, and cook on Low for 10 to 12 hours(overnight is good). About 2 hours before its finished, add in the cabbage and let continue to cook.
**Note: If you don't have a huge crock pot, remove the beef and put the cabbage in the liquid and let cook 2 hours, then heat the beef in the oven wrapped tightly in foil.

Crockpot Beef Roast

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

not itemizednot itemized

How to Prepare:

Take 3 to 4lb beef roast and brown in olive oil then place in crockpot with 2c. of diet caffeine free cola add about 1/2t. of garlic powder and 1/2t.of onion powder and 2 bay leaves. Cook on low in crockpot for about 5hr.
This is so easy and so moist and flavorful!!! and also very low carb!!!!

NOTES : No counts provided.

Creamy Mushroom Steaks

CarbsPerServing:37g carbs total
Effort:Easy

Ingredients:

<http://www.freeworldadvertising.com/>

2 pounds beef top loin
steaks -- cut into 4 or 6
pieces
1 Tablespoon butter
1 each red bell pepper -- cut
into strips
1 each green bell pepper --
cut into strips
Sauce
1/2 pound fresh
mushrooms -- sliced 2 Tablespoons butter
3 tablespoons onion --
chopped
1 cup heavy cream
1 cup water
2 teaspoons soy sauce
1 each salt and pepper -- to
taste

How to Prepare:
Saute sliced mushrooms in
butter until slightly browned.
Add in onions
and saute for 3 minutes.
Add remaining ingredients
and let simmer,
uncovered, until slightly
thickened (you can whisk in
1-2 T soy flour that has
been
dissolved in 1/4 cup water if
desired for a thicker sauce).
Fry steaks in remaining
butter for 2 minutes each
side. Remove and stir
fry pepper strips for 2
minutes. Add steaks and
sauce back in and simmer
10
minutes or until steaks are
at desired doneness.

Corned Beef and Cabbage

CarbsPerServing: no counts provided
Effort: Easy

Ingredients:

You will need 2 cans of corn
beef in the can. (I use
Hormel brand.) 1 large
head of cabbage 1/2 medium
onion, celery seeds and
salt and pepper to taste.

How to Prepare:
1) shread cabbage & cut
onion.
2) place both cabbage and
onion in pan with a little
oil. Let it cook for a couple
of minutes. (you can add
a little water if needed)
3) add both cans of corn
beef mixing with cabbage &
onion. Again, allow it to
cook for awhile then add
tablespoon of celery seeds
and salt and pepper to
taste.

CONEY ISLAND STYLE CHILI

Serves: 4
CarbsPerServing: 9.5g
Effort: Easy

Ingredients:

1 1/4 pounds ground beef
8 ounces tomato sauce
2 tablespoons tomato
paste
3 tablespoons chili powder
-- or to taste 1/4 cup poblano peppers --
minced (or 1 jalapeno

pepper)
salt if desired
fresh cracked pepper to
taste

How to Prepare:
Brown ground beef, add in
the poblano pepper, tomato
sauce and paste,
and chili powder and salt.
Simmer for 10-15 minutes.
Serves 4

I like to serve this over hot
dogs and top with cheddar
cheese and
broil till cheese melts.

Chili, Texas-Style

Serves:6
CarbsPerServing:9.3g
Effort:Easy

Ingredients:

2 teaspoons olive oil --
divided
3 pounds beef chuck -- cut
into 1/2-inch cubes
2 1/2 teaspoons salt --
divided
1 cup chopped onions --
finely chopped
1 cup chopped green bell
peppers
2 teaspoons chopped
jalapenos -- finely chopped5 cloves garlic -- crushed
2 tablespoons Chili Powder
2 teaspoons cumin
2 teaspoons oregano
1 teaspoon ground red
pepper
5 tablespoons tomato
paste
Lime wedges and sour
cream -- for garnish

How to Prepare:
1. Heat 1 teaspoon oil in a
large skillet. Sprinkle beef
with 1/2 teaspoon salt.
Brown meat over
medium-high heat in two
batches; transfer to Dutch
oven. Pour drippings into
one-quart measure; add
enough water to make 4
cups.

2. Heat remaining oil in
same skillet. Add onions,
peppers, jalapeno and
garlic; cook 4 to 5 minutes,
until softened. Stir in
remaining salt and spices;
cook 1 minute. Stir in
tomato paste; cook 1
minute, then add 1 cup
water mixture. Bring to a
boil; scrape up any brown
bits and stir into beef. Add
remaining water; bring to a
boil.

3. Cover and simmer over
low heat 1 1/2 hours.
Increase heat to medium;
uncover and cook 30
minutes more.

4. Garnish with lime and
sour cream, if desired.
Makes 6 servings.

Source: www.lhj.com

NOTES : Counts for lime
wedges and sour cream
not included in totals.

Chili Lovers Low Carbohydrate Chili With Beans

CarbsPerServing:58g carbs total
Effort:Easy

Ingredients:

1 pound ground chuck
1 pound chuck roast cubed
1 medium onion -- chopped
1 medium green pepper --
chopped
1 habanero chile -- seeds
and membrane removed,
chopped fine
1 jalapeno pepper -- seeds
and membrane removed,
chopped fine
1 teaspoon chopped garlic
1 can beef broth -- (15 oz)
1 can Delmonte stewed
tomatoes -- (14.5 oz)
2 tablespoons chili powder
-- mild1 teaspoon hot ground
Chile
1 tablespoon ground cumin
1 teaspoon Mexican
oregano
1 teaspoon Natures
Seasoning (salt and
pepper)
1 teaspoon garlic pepper
1/2 cup wheat bran
1 can Westbrae Organic
Soy Beans -- (15 oz)
1/2 oz unsweetened baking
chocolate -- not semi-sweet
1 tablespoon mole.
(Optional)

How to Prepare:
Lightly Brown together first
seven (7) ingredients on
high
heat, breaking up ground
chuck.

Reduce to simmer and add
everything else but beans,
chocolate
and mole. Simmer covered
1 1/2 hours. Add beans,
chocolate
and mole. Simmer very low,
uncovered, 1/2 hour longer,
stirring
often. Enjoy! Serves 4 to 6.
NOTES : Counts for stewed
tomatoes, hot ground chili,
mexican oregano,
garlic pepper, and soy
beans not included in
totals.

Chili-Cheese Dog Bake

Serves:6
CarbsPerServing:8.2g
Effort:Easy

Ingredients:

10 each oscar Meyer
Weiners -- 1 pack
2/3 cup Kroger frozen
chopped onions
1 can kroger chili no beans
-- 1 can
1 cup kroger mexican
cheese blend -- shredded
kind
3 each large eggs --
separate out yolks
1/4 cup protein powder --
unflavored1/2 teaspoon salt and
pepper -- each
1/2 teaspoon chili powder
1 dash cream of tartar
1 dash artificial sweetener-

liquid
3 tablespoons water --
more if needed

How to Prepare:

Spray a 3 quart casserol
dish with cooking spray.
Preheat oven to 350f.
Cut weiners into 1" pieces
and mix with the onions and
chili then pour
into the casserole dish.
Sprinkle 1/2 the cheese
over the top.
Beat the egg whites and
cream of tartar until stiff. In
another bowl,
mix remaining ingredients
except cheese. Should
make a thick batter. If it's too
thick, add another 1-2T
water and beat in. Fold into
whites, then fold in cheese.
Pour over top of chili
mixture. Place on a cookie
sheet to catch spills and
bake at 350 for 30 minutes
or until nicely browned.
Makes about 6 servings.

CHILI

Serves:2

CarbsPerServing:8g

Effort:Easy

Ingredients:

1 cup beef broth
1/2 cup diced tomatoes
1/4 cup chopped onion1 tablespoon chili powder
2 teaspoons tabasco sauce
-- optional
1 pound ground beef

How to Prepare:

brown hamburger and
onion till hamburger is no
longer pink and onion is
soft. drain if needed. add
rest of ingreds, and simmer
for 1/2 hour. add grated
cheese if wanted and
enjoy.This serves 2 people.

Cheesy Taco Bake

CarbsPerServing:52g carbs total

Effort:Easy

Ingredients:

1 cup Atkins Bake mix
1/2 cup heavy cream
3 large eggs -- slightly
beaten
3/4 cup water
4 ounces green chile --
canned -do not drain
1/2 teaspoon pepper
1 dash cayenne
1/2 teaspoon cumin --
ground type1 1/2 pounds ground beef
1/2 cup diced onion
8 ounces tomato sauce
1/2 teaspoon salt and
pepper -- each
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1 cup monterey jack cheese

How to Prepare:

Preheat oven to 350f. Spray
a 9" pan (spring form, cake,
or square)
with cooking spray.

In a large bowl, mix bake
mix, cream, water, eggs,
green chilis, salt, pepper,
cayenne and cumin. Pour

and spread in the prepared pan, covering bottom evenly. If this is too thick to work with -add 1/4 cup water and mix in. If it's too thin -let it sit a few minutes to firm up. Bake, uncovered, for 20 minutes or until it starts to brown. While the crust is baking: brown ground beef with onions and seasonings. Pour in tomato sauce and heat through. Pour into the crust and bake for 20 more minutes, then sprinkle on cheese and bake another 10 minutes.

Approx 6-8 servings.

Cheesey Bacon Meatloaf

CarbsPerServing:7g carbs total

Effort:Easy

Ingredients:

1 1/2 Pounds Lean Ground

Beef

4 Strips Bacon

2 Eggs

1/2 Medium Onion --

chopped1/4 Cup Pork Rinds -- finely crushed

1/2 Cup Cheddar Cheese -- shredded

Salt and Pepper to taste

How to Prepare:

Preheat oven to 400 degrees. Cook the bacon until it is about three quarters done (not yet crispy), then chop it into small pieces. Combine the ground beef, bacon, eggs, onion, pork rinds, and salt and pepper in a large bowl and mix well. Place in loaf pan and bake, uncovered, for 40 minutes. Add the cheddar cheese and bake until melted, about 5 more minutes. Enjoy!

Cheese Steak with Cheese and Mushrooms

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

not itemized

not itemized

How to Prepare:

2-1/2 pounds ground chuck, salt and peppered to your desire. Roll 4 large meatballs/ reserving enough meat to make 4 small flat patties to make toppers for. With your meatballs, create and form a "bowl" (not making them too shallow, but deep enough for your filling. Add to the center "bowl": grated cheese and mushrooms and onion powder. (to make it Mexican style, add crushed red pepper or your favorite stuffing mixture) Next, place your topper (flat patty) on top of your mixture, making sure the patty is small enough to lay on top/inside, so you can bring the sides ofthe bowl up and

blend into the topper to seal. Note: If you are having a problem with sealing them, use egg white. Place the meat bowl in a heavy pre-heated skillet, cover with lid, and cook until browned on both sides, being very careful not to break the bowl. Place browned patties in shallow pan and cook in the oven for 30 min. @400 degrees. Serve with a salad and Enjoy! It's worth the work. This delicious cheese steak can be made in advance and the filling can be altered to your favorite stuffing allowance.

Cheese Burger w/an Unbun

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

4 oz Ground chuck beef
80%lean 20% fat
1 oz shredded Cheddar
Cheese1 tsp Ketchup
1 lo carb tortilla

How to Prepare:

Stir Fry ground chuck well until fully cooked. Lay in lo-carb tortilla, and sprinkle so that it's heavily laden with cheese. Drizzle ketchup on top of the cheese, fold up bottom, then fold sides in. Eat like a buritto!

You can also stir fry some mushrooms and onions, and substitute swiss cheese, for the cheddar. Voila a Swiss Burger. Add Bacon to the original cheese burger recipe, voila, a bacon cheese burger! So many different variations to this.

CHEESEBURGER QUICHE

Serves:10, CarbsPerServing:15g carbs total
Effort:Easy

Ingredients:

3/4 pound ground beef
1/3 cup chopped onion
2 eggs -- beaten
1/2 cup mayonnaise
1/4 cup water1/4 cup heavy cream
6 ounces cheddar cheese
-- grated
4 ounces mushrooms
salt and pepper

How to Prepare:

Brown ground beef & onion, drain grease. Add mushrooms & cook through. Mix eggs, mayonnaise, cream, cheese & salt & pepper, and pour over ground beef in a pie pan. Bake on 350 for 40-45 minutes. Let stand 10 minutes.

Canned Beef and Pork

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

round steaklean boneless pork

How to Prepare:

You can buy round steak and lean boneless pork on sale. Cut in bite size chunks and can for a quick meal or camping. Fill qt. jars almost full, add NO water, pressure in cooker as per directions. Mine is 10 lb. pressure for 90 min.

You can also do chicken.

Cut and stuff, bone and all, in qt. jar and pressure at 10 lbs pressure for 75 min.

California Style Pot Roast

CarbsPerServing:28g carbs total

Effort:Easy

Ingredients:

4 pounds Beef roast
2 tablespoons Flour
1 teaspoon Salt
1/2 teaspoon Pepper
3 tablespoons Oil1 Onion -- chopped fine;
1 tablespoon
worcestershire sauce
1 cup Water
3 packages artificial
sweetener

How to Prepare:

Sprinkle flour, salt and pepper all over roast. Brown in oil in skillet; add remaining ingredients. Cover. Simmer about 4 hours over low heat.
**Note: Peel and slice turnips and add about 1/2 way through the cooking time for "potatoes" on the side:)

Cabbage Rolls

CarbsPerServing:28g carbs total

Effort:Easy

Ingredients:

10 large cabbage leaves
1 pound ground beef
1/4 cup flax meal
1/2 cup crushed pork rinds1 large can chopped
tomatoes -- drained well
1 small onion -- chopped
fine
1 teaspoon salt

How to Prepare:

Cook cabbage leaves for two mintutes in just enough water to cover. Drain off water. Mix remaining ingredient together. Place 1/10th of mixture in cabbage leaf and roll up. Wrap rolls in foil and bake at 300 degrees for 40 minutes.

Pepper Steak

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1/4 cup soy sauce
1 clove garlic
1/2 teaspoon ginger
1 thin slices beef -- cut from
steaks
(enough for 4 people)green onion or regular
onion -- sliced
2 celery stalks sliced
red or green peppers sliced
1 tablespoon cornstarch --

1 c. water

How to Prepare:

Combine soy sauce, garlic,
and ginger with beef, set
aside.

Heat oil, add beef, simmer
40 minutes on low, or until
tender.

Add onion, peppers, &
Celery. Cook until tender.

Mix cornstarch and water.

Add to meat. Heat until
sauce is thick

Italian Beef (with Au Jus)

CarbsPerServing:18g carbs total

Effort:Easy

Ingredients:

5 pounds rump roast,
trimmed -- (5-7lb)

2 beef bouillon cubes -- (2
to 3)

2 cups water -- (2 to 3)

3 teaspoons Italian
seasoning

1/2 teaspoon Tabasco
sauce

1 clove garlic -- minced1/2 cup chopped green bell
pepper

2 tablespoons

Worcestershire sauce

3 pepperoncini pepper -- (3
to 4)

1/4 cup pepperoncini brine
salt and pepper to taste

How to Prepare:

Slow cook in a crock pot all
day or until fork tender. Pull
apart and serve. Makes a
wonderful sandwich on
carb legal bread. Good by
itself or on a salad(cold).

NOTES : Counts for brine
not included in totals

Haystack

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Hamburger patty

Saladwhat ever topping you like

on your salad

dressing

How to Prepare:

I make my with Hamburger
patty, melted with cheese
on top and then pile on the
salad.

Throw on chopped egg,
sprouts, broccoli and
dressing.

Then eat it all together,

Ground beef stir fry

CarbsPerServing:33g carbs total

Effort:Easy

Ingredients:

1 pound ground beef -- lean

1/2 cup chopped onion

2 tablespoons soy sauce --
low sodium if desired

2 cups zucchini slices

1 cup diced tomato -- large
dice1 packet sweetener

1/2 cup water

1/2 teaspoon salt and

pepper -- each
1/2 teaspoon ground ginger

How to Prepare:
Mix ground beef, onion,
soya sauce and salt
together. Peel and slice
zucchini. Dice tomatoes.
Heat oil on high. Stir fry
ground beef mixture until
browned, about 7-8
minutes. Add zucchini and
water, stir well, then cover.
Cook 5 minutes,
stirring occasionally. Add
tomatoes and sweetener,
cook 2 or 3 minutes more
or until tomatoes just warm
through and start to wilt.

Grilled Balsamic & Soy Marinated Flank Steak

Serves:10

CarbsPerServing:21g carbs total
Effort:Easy

Ingredients:

1/2 small onion -- roughly
chopped
3 cloves garlic -- roughly
chopped
1/4 cup olive oil
1/4 cup balsamic vinegar
1/4 cup soy sauce1 tablespoon dijon mustard
1 tablespoon rosemary
1 teaspoon salt
1/2 teaspoon freshly
cracked black pepper
1 1/2 pounds flank steak

How to Prepare:
Combine all ingredients
except steak in a mixing
bowl. Whisk until
well combined. Place steak
in ziplock bag or casserole
dish, and pour
marinade over. Marinate in
refrigerator for a minimum
of 30 minutes, up to 2 days.

Grill over hot coals,
brushing with extra
marinade throughout. Grill
until golden and cooked to
desired doneness, about
6-8 minutes per side
(medium rare). Slice thinly
to serve. Makes 4 servings.

Ground Beef and Savoy Cabbage Casserole

CarbsPerServing:36g carbs total
Effort:Easy

Ingredients:

3 small heads savoy
cabbage -- chopped
1 1/2 pounds lean ground
beef
1 large onion -- chopped
1/2 can tomato saucegarlic powder -- to taste
1 can chicken broth
1 can beef broth

How to Prepare:
saute ground beef and
onion until no longer pink,
add garlic
powder,tomato sauce and
cabbage,saute until
cabbage is slightly wilted
about 10 min.
add both cans of broth
,bring to a boil,reduce heat
and simmer about 1
hr.or until cabagge in done
and liquid has reduced.

NOTES : Counts provide for
1/2 cup tomatoe sauce..
poster did not indicate can
size.

German Beef Rolls

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

no itemized ingredientsno itemized ingredients

How to Prepare:

Thinly sliced beef (I often
use 'sandwich steak' or
inside round) size
per roll roughly 5"x11"
Spread with mustard
Layer on one strip of bacon
(I cut it in half) chopped
onion (optional)
and thinly sliced dill pickles.
Roll up and secure with
skewers or toothpicks.

In a frying pan at least 1.5"
deep, brown the meat on all
sides. Then, 1 bay
leaf, 6-10 pepper corns and
Bovril (beef
broth)(concentrated double
strength)
to come 1/2 way up the
sides of the pan. Cover and
simmer for 1.5 hours
and add water if it gets too
dry.

I make it the day before, and
then just have to simmer
when I get home
from work.

Special Rib Roast (Prime Rib)

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

10 pounds rock salt -- (3
3-4 lb boxes)
1 beef prime rib, roasted --
(three-bone choice
standing; about 5-6 lbs)
3 tablespoons
Worcestershire sauce1 1/2 teaspoons paprika
pepper

How to Prepare:

Preheat oven to 500
degrees. Pour a small
amount of rock salt in a
large roasting pan until
bottom is evenly covered,
and then pray a fine
mist of water over salt with
a hand-held sprayer until
salt is moist and
sticky. Place prime rib in the
pan. Mix Worcestershire
sauce and the
paprika in a small bowl and
pour carefully over prime
rib. Using your
hands, rub the mixture all
over the meat. Season
meat with pepper.
Cover meat completely with
remaining rock salt (there
may be some extra
left over) and spray entire
surface of salt with water
until moist and
sticky. Place in oven and
bake for 15 minutes a
pound (roast will be
medium rare inside)
Remove from oven, let meat
stand for 5 min then

carefully break salt away
with a kitchen mallet and
remove. Brush any
remaining rock salt off and
slice.

Flank Steak with Spinach Cheese

CarbsPerServing:3g carbs total
Effort:Easy

Ingredients:

Flank Steak
1 bunch Spinach
1/2 cup parmesan cheese1 clove garlic
1/4 cup olive oil
prosciutto -- (thinly sliced
ham)

How to Prepare:

*Flatten flank steak with
rolling pin. Sprinkle salt and
pepper over steak.
In skillet, place rinsed
spinach in and wilt
completely. Put Parmesan
cheese, garlic (minced),
olive oil, and wilted spinach
in a food processor
and mix into a paste.
Separate the prosciutto and
put on top of flank steak
covering completely,
and generously spread
spinach mixture of the
prosciutto.

*Roll steak and put on a
9x13 cookie sheet. Brush
steak with olive oil to
seal in juices and ENJOY
!!!!

** Bake at 375 for 35-40
minutes.
NOTES : Counts allow for 1
cup spinach .. adjust
accordingly.

Eggplant Meatball Stack

CarbsPerServing:33g carbs total
Effort:Easy

Ingredients:

1 medium eggplant -- cut
into 6 sliced lengthwise
1/2 cup protein powder --
unflavored
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 cup oil for frying
1/2 pound ground pork
1/2 pound ground beef1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 teaspoon italian
seasoning -- dried blend
1 cup tomato based pasta
sauce
1/2 cup water
1/4 cup Parmesan cheese
-- shredded

How to Prepare:

Make meatballs by: mixing
pork, beef, salt, pepper,
garlic powder, and
italian seasonings. Mix well
by hand and form into 18
balls.
Put balls into a large skillet
over medium heat and
cook, turning

occasionally to brown on all sides, for 20 minutes.
Mix pasta sauce and water and pour over meatballs.
Cover and simmer 10 minutes. Meanwhile, mix protein powder with salt, pepper and garlic powder.
Dredge eggplant in the mixture, then fry in hot oil until just tender -turn only once. Drain on paper towels.

To serve: lay 1 eggplant slice down and top with 3 meatballs. cut in 1/2. Spoon a little sauce over it and sprinkle on some Parmesan cheese.
if having trouble making meatballs stick together, may need to add a tablespoon or 2 of protein powder:)

Easy Corned Beef

CarbsPerServing:2g carbs total
Effort:Easy

Ingredients:

1 can corned beef4 eggs

How to Prepare:

Combine corned beef and eggs and mix it all together. Then put a bit of oil in the pan (Enough to coat the bottom) Pour it in and fry it all up. I love this meal because it's quick and filling!

Minnesota Stuffed Green Peppers

CarbsPerServing:109g carbs total
Effort:Easy

Ingredients:

2 pounds lean ground beef
2 eggs
1/4 pound wild rice1 can Campbells family sized tomato soup
3 large green peppers
salt, pepper, onion, garlic,
to taste

How to Prepare:

Cook wild rice for approx. 1 hour.
Mix hamburger, rice, eggs seasonings in a large bowl.
Mold mixture into 6 large meatballs.
Brown meatballs in a skillet.
Core and halve peppers and arrange in a large bowl.
Put browned meatballs in pepper halves.
Pour tomato soup over them(add one cup water if desired).
Cook in microwave for 30+ minutes on half power.
Serve by breaking up dry meatballs and pouring sauce over them.
NOTES : Counts for soup and spices not included in totals.

Mexican Meatloaf

CarbsPerServing:15g carbs total
Effort:Easy

Ingredients:

1 pounds ground beef -- (1

to 2)
3 tablespoons hot Salsa or
Picante sauce
2 tablespoons chili powder
2 tablespoons ground red
pepper
1 tablespoon ground cumin 2 teaspoons black pepper
2 teaspoons salt
1 egg
1 cup shredded monterey
jack cheese -- or pepper
jack

How to Prepare:

Preheat oven to 400
degrees. Mix all ingredients
together in a large bowl
until evenly distributed. Any
mexican spices may be
substituted for the
chili powder, red pepper
and cumin. Shape into loaf
in a 13"x9" baking pan
or in a loaf pan. Bake at 400
for about an hour, or until
fully cooked. Pour
off any fat that drains out.
Garnish with shredded
cheddar cheese and sour
cream, and serve with
salsa.

NOTES : Counts for salsa
not included

Meaty Cheesey Cajun Balls

CarbsPerServing:7g carbs total
Effort:Easy

Ingredients:

1 1/2 pounds lean ground
beef
1 egg
Cheddar cheese -- cubed
and frozen 1 tablespoon cajun spice
salt -- to taste
pepper -- to taste

How to Prepare:

Mix ingredients in large
bowl Form mixed meat into
golfball size meatballs
Then Carefully push frozen
cheddar cubes into
meatballs
leave the opening where
the cheese went in open so
the cheese wont leak
out when they're in the oven
sprinkle with a little more
cajun spice just for fun
Then bake at 400 degrees
for aprox 30 minutes

NOTES : Counts for
cheddar cheese not included
in totals.

Meat Paprika

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

1 pkg grnd meat-browned
1 can of consomme
garlic powder to taste lots of paprika
chopped onions-remember
to remember where you are
on the diet and add amount
accordingly

How to Prepare:

I kind of threw this together
and by gum my husband
liked it!
when consomme has
cooked down add sour
cream and stir til heated.

Meatloaf, for people who like meatloaf

Serves:10

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

1 pound ground beef
1 pound ground pork
1 pound pork sausage --
bob evans, no sugar
2 eggs 1/4 cup heavy cream -- to
1/2 cup - to moisten
1 cup cheddar cheese,
shredded -- or mozzarella
1 teaspoon chili powder --
or 2
bacon strips

How to Prepare:

mix one pound ground beef,
one pound ground pork,
one pound ground
sausage, (i use bob evans
sausage, no sugar).
Add two eggs, apx. 1/4 to
1/2 cup cream to moisten, 1
cup shredded cheese
(cheddar or mozzarella, or
your
favorite,) add apx. one or two
teaspoons chilli powder,
mix thoroughly, put in loaf
pan, lay strips of bacon on
top.
Bake at 350, apx one hour
or till done. slice and eat.

Meatloaf for Meatloaf-haters

CarbsPerServing:8g carbs total

Effort:Easy

Ingredients:

1 pound ground beef
2 tablespoons
 Worcestershire sauce -- 2 -
3
1/8 cup heavy cream -- 1/8 -
1/4
1 cup shredded cheddar
cheese 3 slices thinly sliced ham --
(3 to 4)
salt and pepper
seasoning (Lawry's or
steak seasoning)
wax paper

How to Prepare:

Lay out a piece of wax
paper about 18 inches long.

Take a pound of
hamburger, mix it up with
some worcestershire
sauce,
one egg and some heavy
whipping cream. Add salt
and pepper to
taste. (Guesstimate on
these ... the meat should be
nice and gooey.)

Place the mixture on the
wax paper and
pound/shape the meat until
you
have a flat rectangle that's
about half to 3/4 inch thick.

Now, lay some slices of
ham across the rectangle
until the hamburger is
covered. Pour about a cup
or so of cheese over that, or
until the ham
is semi-covered.

Lift one end of the wax paper and start rolling the rectangle of meat into a roll (kind of like a big meat hoho!) Pinch the ends of the roll so everything stays inside. Sprinkle whatever seasoning you like on top.

Bake at 350 on a shallow baking sheet for 50 minutes. Just before it's done, sprinkle with cheese across the top.

TIP: You could add finely chopped veggies to the roll for added flavor/carbs.

Meatball Stoganoff

CarbsPerServing:13g carbs total
Effort:Easy

Ingredients:

Meatballs
1 package meat loaf mix
(Beef/Pork/Veal combination from the butcher)
1 package lipton onion soup mix (half package works just fine too; less carbs)
1 large egg
2 tablespoons heavy cream
1 clove minced garlic -- (1 to 2)1 tablespoon parsley
Salt and pepper to taste
Gravy
1 package Schilling Homestyle gravy mix
1/2 cup sour cream
1 tablespoon worcestershire sauce
1 cup sliced mushrooms
Salt and pepper to taste

How to Prepare:

Meatballs: Combine all meatball ingredients in a large bowl. Mix lightly with fingers, do not overwork. Form into 1 inch balls and place on baking sheet. Bake at 350 for 20 minutes. The last minute, turn on broiler to brown meatballs.

Gravy: Boil gravy mix as directed. Add mushrooms and gently cook for a minute or two. Mix in sour cream and worchestshire sauce.

Arrange meatballs in casserole dish and pour gravy on top. Best is made a day ahead and reheated.

NOTES : Counts for onion soup mix and gravy mix not included in totals.

Marinated Skirt Steak with Grilled Asparagus

CarbsPerServing:6g carbs total
Effort:Easy

Ingredients:

1 skirt steak
1/2 cup olive oil
3 cloves chopped garlic4 basil leaves -- chopped
1 tablespoon thyme -- chopped

monteral seasoning

How to Prepare:

Use all the ingredients above
to marinate overnight, grill
10 to 15 minutes on each
side, cut like a London broil.

Marinate the asparagus
with olive oil, garlic, and
kosher salt. Grill on low till
tender, keep rotating.

Make Me Stuffed Peppers

CarbsPerServing:24g carbs total

Effort:Easy

Ingredients:

1 pound ground beef
2 large green peppers
1/4 cup chopped onion
1/2 cup chopped tomato1 cup shredded cheddar
cheese
salt and pepper to taste
oil for frying

How to Prepare:

Core and deseed the
peppers. Boil in salted
water for 5 minutes (for
firmer
peppers, don't boil). Rub
the insides with a generous
amount of salt. Brown
the onion and beef in the
oil, and the tomato and
cheese to the pan. Spoon
the beef mixture into the
peppers, and place the
peppers standing up in a
small casserole dish. Cook
at 350 for 20-25 minutes.
Eat and enjoy!

Low Carb Weiner Schnitzel

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Veal Cutlets
1 bag Pork Rinds2 Eggs
3 tablespoons oil -- (3 to 4)

How to Prepare:

Beat the eggs in a bowl.
Crush the pork rinds real
good in a bag and pour into
a separate bowl. Heat the
oil in a pan. Dip the cutlets
first in the beaten eggs and
then into the crushed pork
rinds getting them fully
coated.

Fry cutlets in the oil until
nicely browned and serve.
Top with a fried egg to
make it even better. Not like
Mom used to make but not
bad if you're hankering for
some quick German grub!
Auf Wiedersehn

Low-Carb Manicotti

CarbsPerServing:20g carbs total

Effort:Easy

Ingredients:

1 pound ground turkey -- or
beef
1 jar pasta sauce (I used
Classico Tomato & -- it was
lowest in carbs)
Pesto
1 tablespoon dried onions

-- minced
8 savoy cabbage leaves --
savoy is an oblong cabbage1 pound ricotta cheese
1/2 cup grated parmesan
cheese -- divided
1/2 teaspoon Italian
seasoning
2 eggs

How to Prepare:

Brown ground turkey or beef
& onion in large skillet. Add
sauce, stir and simmer over
low heat. Meanwhile, wash
cabbage leaves, then dunk
each one in boiling water
for 30 seconds, followed by
ice water for 30 seconds.
Lay flat to dry. Mix ricotta, 1/3
c. parmesan, seasoning
and eggs. Stir well. Cut
cabbage leaves into
uniform size by cutting off
some of the thick stalk
ends. Put 1/8 of cheese
mixture onto thick end of
each leaf, then roll up.
Place in greased 9 x 12
casserole dish. Repeat with
remaining cabbage leaves.
Spoon turkey or beef sauce
over top of cabbage rolls,
sprinkle with remaining
parmesan, cover tightly with
foil, and bake at 350° for 1
hour
NOTES : Counts for
cabbage, pesto, and pasta
sauce not included in totals.

Low-Carb Lasagna

CarbsPerServing:58g carbs total
Effort:Easy

Ingredients:

30 ounces ricotta cheese
Mozzarella Cheese
Parmesan Cheese
3 eggs
2 1/2 pounds ground beefsalt and pepper
garlic powder
15 ounces tomato sauce --
1 15 oz can - hunts, no
sugar
spices

How to Prepare:

Take ricotta put in bowl. Add
some mozzarella if you
want to and add 3 eggs mix
well and put aside.
Brown ground beef. Add
salt, pepper, garlic powder
and tomato sauce.
Taste cause you might
need more spices. Lightly
grease a 10x13 pan with
butter.
Put 1/2 of the meat mixture
layered on the bottom.
Layer all of the cheese
mixture over that, then the
remaining meat mixture on
the top.
Sprinkle top with
mozzarella/parm mixture.
Actually...I left this top layer
of cheese off to try and have
less carbs and it was great.
Bake 350 degrees till
bubbly...usually about 40-50
minutes.

London Broil

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

1 london broil
seasoningspesto sauce -- your favorite
(I got mine fresh ready
made at Sam's Club)

How to Prepare:

Season a London broil with
salt, pepper (lots) and garlic
and bake at 350 until done
the way you like it.

When done, slice at an
angle. To your serving,
spread with about 2
tablespoons of pesto sauce
(2 grams per quarter cup is
listed on mine - check yours
and apply accordingly).

This is delicious -- and
believe it or not, I don't miss
the pasta I
used to put this sauce on!

Eggplant Casserole

CarbsPerServing:48g carbs total
Effort:Easy

Ingredients:

4 cups eggplant -- sliced
thin
10 ounces provolone
cheese -- sliced
8 ounces mozzarella
cheese -- shredded
1 pound lean ground beef
1/2 cup chopped onion3 cloves garlic -- sliced
1 cup mushrooms -- sliced
1/2 cup celery -- chopped
1 teaspoon italian
seasoning
16 ounces Newman's
Sockarooni sauce

How to Prepare:

Preheat oven to 350
degrees.
Take one pound of lean
ground beef, add to a frying
pan. Add mushrooms,
garlic, onion, celery and
about 1 tsp of Italian
seasonings.
Fry this until the meat is no
longer pink.

Peel eggplant and slice it
very thin. Grease bottom
and sides of a 9x13
glass baking dish with olive
oil on bottom and sides.
Layer half of the
eggplant on bottom of pan.
Sprinkles eggplant with
some of the Italian
seasoning.
Layer half of the meat
mixture, half of the sauce
and half of the
provolone. Repeat layering
with remaining eggplant,
meat, sauce and
provolone.

Spread mozzarella over the
top of the casserole, cover
with foil and
bake for approx. 30 min. or
until done, taking foil off last

5 min. to
brown
NOTES : Carbs for
Newman's Sockarooni
sauce not included in above
total - adjust accordingly

Leftover Roast Beef(or chicken)Casserole

CarbsPerServing:29g carbs total
Effort:Easy

Ingredients:

2 cups beef roast -- cooked;
diced
2 medium turnip -- peeled
and sliced thin
1/2 medium onion -- sliced
thin
1 cup sliced mushrooms1/2 cup cream
1/2 stick butter
1/2 cup havarti cheese --
grated
1 each salt and pepper -- to
taste

How to Prepare:

Preheat oven to 350f and
spray a casserole with
cooking spray.
Melt butter in microwave.
Add cream and microwave
1 minute.
Place 1/2 of turnip slices in
the casserole, followed by
1/2 the roast
and 1/2 of each veggie.
Repeat layer and finish by
pouring cream and butter
over all and sprinkling on
cheese. Cover with foil and
bake for 30 minutes.
Uncover and bake 10-15
minutes or until browned on
top.

POULTRY MEALS

Lombardi Chicken

Serves:4
CarbsPerServing:6
Effort:Easy

Ingredients:

1 lb. (4-6)skinless, boneless breast
3 to 4 Tablespoons All purpose flour
3 Tablespoons Butter
1 cup sliced fresh Mushrooms
1/2 cup dry Marsala Wine (cooking kind, usually with vinegars)1/3
cup chicken broth
1/3 cup shredded mozzarella
1/2 cup grated Parmesan
1/4 cup thinly sliced green onions

How to Prepare:

Place each piece of chicken breast between two pieces of clear
plastic wrap; pound with flat side of meat mallet until 1/8 inch
thick. Remove plastic wrap. Coat chicken lightly with flour.

In a 12 inch skillet, melt 1 tablespoon of the butter over medium
heat; add half of the chicken pieces. Cook for 2 min. on each side.

Transfer to a 2 quart rectangular baking dish. Repeat with another 1
tablespoon of the butter and remaining chicken pieces; transfer to
the dish.

Melt remaining butter in the skillet. Add mushrooms.Cook and stir
until tender; add wine, broth, and dash of salt and pepper. Bring to
boiling; boil gently until mixture is reduced to 1/2 cup including
mushrooms (about 5 min.) Pour over the chicken.

Combine mozzarella and Parmesan cheeses and green onion; sprinkle
over the chicken. Bake, uncovered, in 375 oven for 20 min.

Parmesan Chicken Breasts

Serves:3
CarbsPerServing:1
Prep Time:5 minutes
Effort:Easy

Ingredients:

1 pound chicken breasts
1/2 cup mayonnaise 1/4 cup parmesan cheese
1 teaspoon oregano

How to Prepare:

Mix together the mayonnaise, parmesan cheese, and oregano. Spoon over chicken breasts in oven-proof glass or ceramic - like a 6"x12" pyrex baking dish or a 9" round pie plate. Bake uncovered 1 hour at 375 degrees.

Lemon Sauce Chicken

Serves:4
Prep Time:10 minutes
CarbsPerServing:1.6
Effort:Easy

Ingredients:

4 chicken breasts
1 TBS vinegar
6 TBS mayonaise
1 tsp salt
2 TBS lemon juice
1 tsp pepper

How to Prepare:

Mix mayonaise, lemon juice, vinegar, salt, and pepper in bowl. Place chicken in casserole dish and spoon mixture over chicken. Bake in 350 degree oven for 1 hour, until bubbly and lightly browned.

Chicken breasts alfredo

CarbsPerServing:6grams
Prep Time:5 mins.
Effort:Easy

Ingredients:

Any amount of chicken breasts
Seasoned salt
1 jar of Ragu Alfredo sauce'
Fresh shredded parmesan cheese
Garlic powder
olive oil to drizzle on chick.
Toppings:
Mozarella cheese

How to Prepare:

Very Easy and delicious! Heat oven to 375 degrees. Drizzle chicken breasts w/ a little olive oil. Season with garlic powder, seasoned salt or your preferred seasonings. Bake for approx. 1 hr. Pour some of the Alfredo sauce in baking dish and cook for additional 15-20 mins. Then top with as much cheese you want, melt if you want..IT's awesome! Great with fresh spinach.

Chicken Mozarella

Serves:2
Prep Time:15 min. , bake time 22-25 min
CarbsPerServing:8 total recipe
Effort:Easy

Ingredients:

2 Chicken breasts (or the number needed to serve number of ppl you have)
1/2 c grated parmesan
4 oz mozzarella, shredded
1 egg, beaten
1 tsp Italian seasoning
Bacon

How to Prepare:

Mix the parmesan with the Italian seasoning. Coat the chicken breasts with egg and dredge in the parmesan. Saute in a little olive oil until browned. Remove from skillet. Place onto a cookie cooling rack which has been placed on a LINED cookie sheet. Put a slice of bacon on each piece (or two-whatever it takes to cover surface of chicken)...on top of that, the mozzarella. Bake until the chicken is done through. Enjoy!

The way to test for doneness: press with a fork, the thickest part of the breast...it should press just slightly and bounce back up. The amount it should press is to be compared to the amount the end of your nose presses when pressed gently with your finger.

STEAK/HAMBURGER DONENESS:

GENTLY....

1. Press the space between your upper lip and nose(relaxed-don't tense it). This is RARE.
2. Press the side of your nostril. This is MED RARE.
3. Press the end of your nose. This is MEDIUM (also perfect for chicken breasts---no dry, cardboard chicken this way!)
4. Press the bridge of your nose (where the cartilage meets the bone). This is WELL DONE.

Transfer the idea of how much these areas press down to your meat and it will be exactly as you want it.

Itallian Garlic Chicken Legs

Serves:3
Prep Time:10 minutes
CarbsPerServing:5-6
Effort:Easy

Ingredients:

Roasted GarlicVinagrette-Dress6 chicken legs(thawed)ButterLemon
Pepper Garlic saltWater

How to Prepare:

Pre-heat oven to 400 degrees. Put butter in bottom of shallow baking pan. Rub butter all over chicken. Sprinkle plentiful amounts of lemon pepper on chicken and less garlic salt on chicken. Do this on both sides. Take 1/2 cup of water and mix with 3 tbsp of dressing. Pour in pan. When done pouring in pan brush a plentiful amount of dressing on to chicken in both sides. Cover with foil with pierced openings. Cook for 40-50 minutes...

Oven Fried Chicken

Serves: serve 2 pcs. of chicken per person

Prep Time: 15 minutes

Effort: Easy

Ingredients:

cut up chicken grated parm
Keto crumbs oil

How to Prepare:

pour oil in a bowl. rinse and pat dry chicken. dip and coat chicken in oil then roll in parm and keto crumb mixture or roll in just the parm. or roll in just the crumbs.
bake at 400 degrees for 1 hour and 45 minutes. comes out so tender and juicy!!

Cheese Death

Serves: 1

CarbsPerServing: Trace

Prep Time: 1 hour

Effort: Average

Ingredients:

1/3 cup olive oil 1 package parmesan cheese (DiGiorno works well)
1/3 cup heavy cream or heavy whipping cream
As much Oregano as you like Splash of Lemon Juice
1/2 to full stick of butter 1-2 Boneless Skinless breast of chickenPatience

How to Prepare:

I put together this recipe after getting bored with all the usual foods of the diet. When making this recipe it is important to transcend the limitations of measurements.

Put the olive oil in a large frying pan on medium heat. Watch the oil change consistency slightly. Place your thawed chicken in the pan and adjust temperature to keep chicken chatting nicely in the oil. Sprinkle Oregano on top. Cook chicken so as to only turn once. I let the white get to about half-way through the chicken, then flip. Apply liberal oregano sprinklings on other side. After the chicken is firm, take out of pan and set aside. Add lemon juice in and stir in oil. Next add in the heavy cream and butter. Warm until mixed. gently add in parmesan cheese, stirring and making sure to get a nice smooth consistency. Add more cheese as necessary to get a nice thick sauce. Add more oregano.

Awesome Chicken Salad

Serves: 4?

CarbsPerServing: 1?

Prep Time: 5 min

Effort: Easy

Ingredients:

Chicken (2 cans) Mayo
Hardboiled eggs (2-3) Onion powder
Optional:
bacon bits tomato cheddar (very small cube)
favorite mustard (a little goes a long way)
packet or 2 of splendaRelish (dill is usually low-carb)
Salt Pepper Tarragon Celery flakes

How to Prepare:

Mix chicken, eggs, spices, and any optional ingredients, then add enough mayo to make nice consistency. I like it as is but you can spread on a leaf of lettuce if desired. Most ingredients 0 carbs.

Atkins Baked Chicken

Serves: 2-4 people (depending on how many drums you can eat!)

CarbsPerServing: 3-4 (to be safe)

Prep Time: 5 minute

Effort: Average

Ingredients:

3-4 chicken drumsticks
1 egg, beaten
1/4 cup Atkins bake mix (or other low-carb friendly baking mix)
2 tbsp Adobo (Goya preferred)
for Italian style chicken, substitute 1/8 cup of grated parmesan/romano cheese w/ Italian seasonings for 1 tbsp of Adobo
salt and pepper

How to Prepare:

Heat oven to 350. For best results, use glass bottom baking dish (if not available, cookie/baking sheets are fine too). No need to spray or butter.

Prepare chicken drumsticks (thaw, etc, if they have been in the

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freezer). Prepare two bowls, one w/ the beaten egg, the other with the Atkins mix -- which includes the bake mix, adobo seasonings and liberal amounts of salt and pepper (to taste). (To those making Italian-style, grate your parmesan/romano cheese into the bake mix, and add liberal amounts of Italian seasonings and adobo). Mix baking mix around till everything is well-blended. Dip chicken into egg batter, cover well. Take the egg-battered chicken and dip into bake mix, cover well. Take covered chicken drum and place into baking dish. Repeat for as many drums as needed. When completed, place into pre-heated oven. Baked for about 40-45 minutes.

Middle Eastern Chicken

Serves:4

CarbsPerServing:about 5 g for whole recipe

Prep Time:about 1 hour

Effort:Easy

Ingredients:

4 chicken breasts 1/2 C olive oil
2 tbl mixed spices (from any mid east store)
1 small onion, chopped 1 tsp cumin powder
1/4 tsp ground cinnamon didn't really count carbs, except for onion.

How to Prepare:

In a baking pan (9*13) put onion, spices, and olive oil, and mix with hand well. start bringing the chicken breasts and dipping them in the mixture and arranging them in the pan. cover with foil and bake at 350 for 45-60 min. check for doneness, when done, take foil off, put in broiler for a couple of minutes. let sit for 10 minutes, and enjoy!!! Goes great with creamed spinach on the side. also great on salads. Carb count is minimal
and all I can think of is the onion that has carbs. :)

AWESOME EASY CHICKEN WINGS (ZERO CARBS)

Serves:2

CarbsPerServing:0

Prep Time:20 min.

Effort:Easy

Ingredients:

3 lbs. chicken wings 6 T. Hot Sauce
1 Stick Butter 2 qts. cooking oil Lawry's Seasoned Salt

How to Prepare:

WINGS: Cut whole wings at joints and discard tips. Sprinkle wings liberally with Lawry's Seasoned Salt. Deep fry until golden brown and crispy. Drain on paper towels.

SAUCE: Combine melted butter and hot sauce in a large bowl, mix well. Add wings and coat evenly.

This recipe is for mild wings-add extra hot sauce for more heat.

Goes great with a fresh salad!

40 cloves and a chicken

Serves:1 CarbsPerServing:0

Prep Time:1/2 hour

Effort:Easy

Ingredients:

1 whole chicken(broiler/fryer) cut into 8 pieces
1/2 cup plus 2 tablespoonsolive oil10 sprigs fresh thyme
40 peeled cloves garlic
Salt and pepper

How to Prepare:

Preheat oven to 350F.
Season chicken with salt and pepper. Toss with 2 tablespoons olive oil and brown on both sides in a wide fry pan or skillet over high heat.
Remove from heat and transfer to a shallow casserole dish. Add oil, thyme, and garlic cloves. Cover and bake for 1-1/2 hours.
Remove chicken from the oven, let rest for 5 to 10minutes, carve, and serve.

Stuffed Pepperoni Chicken

Serves:4-6,8,10

CarbsPerServing:2-3 carbs per serving

Prep Time:30 - 45 minutes

Effort:Average

Ingredients:

6 boneless chicken breasts 1 pkg. Pepperoni pizza slices
1 8 oz. pkg. grated Mozzarella 20 wooden toothpicksSauce:
1 can diced tomatoes 3/4 cup mushrooms
1/4 cup white cooking wine 1/4 cup olive oil
1 tbsp. minced garlic Italian seasoning to taste Salt to taste

How to Prepare:

Put olive oil, wine, mushrooms in sautee pan, sautee until mushrooms are done, add garlic, diced tomatoes, italian seasoning and salt, let simmer while you do the chicken. Next, take chicken breast, turn underside up, beat with a little tenderizing mallet to flatten a little. Place pepperoni on chicken until covered, then put grated mozzarella on top. Roll from top end up to creat a stuffed pepperoni chicken, place 2 -3 wooden toothpicks in to hold in place. Put into

baking dish. Continue until done with all chicken. Pour sauce on top of the chicken, put into oven at 350 degrees for 45 min - 1 hour.

Chicken Fajita Rollups

Serves:varies

CarbsPerServing:as little as 2, depending on how much sauce, sour cream and peppers and onions are used

Prep Time:10 min. for chicken, 5 min. to prepare

Effort:Easy

Ingredients:

Bnls chicken breast McCormick mexican seasoning
sour cream taco sauce
shredeed cheesepeppers onions
romaine lettuce olive oil

How to Prepare:

Cut chicken into small slices, saute in fry pan with a little oil and mexican seasoning,saute peppers and onions with oil or whatever you like, spread sour cream, taco sauce cheese,peppers and onions, chicken onto lettuce leaf and roll up. It's delicious.

Ranch Stuffed Chicken

Serves:4,8

CarbsPerServing:2-3

Prep Time:10 min

Effort:Easy

Ingredients:

4 Chicken Breasts
4 slices of ham
4 oz. cream cheese
4 oz. mozzarella cheese (or cheese sticks)
sprinkle of dry hidden valley ranch

How to Prepare:

Defrost chicken breasts until you can cut through the center, cut until almost to the edge, then open up (will look like a sub roll almost) and put ham slice, then spread cream cheese on ham. place mozz. on top and fold together. Sprinkle ranch dressing on top. Bake at 350 for approx. 45 minutes

Spicey Chicken

Serves:2,10

CarbsPerServing:1 gram

Prep Time:5 mins

Effort:Easy

Ingredients:

2 Boneless, Skinless Chicken Breasts/Tenders
1 Tbsp Frank's Hot Sauce Lemon-Pepper
Cayenne Pepper1 1/2 Tbsp canola oil Garlic powder
Parsley Oregano

How to Prepare:

Heat frying pan and oil. Cube chicken breasts into squares and add to hot oil. Add hot sauce and dashes of herbs and spices to taste.

chunky chicken

Serves:4-5

CarbsPerServing:about 5

Prep Time:20 -25 minutes

Effort:Easy

Ingredients:

chicken breast rotel
seasoning shredded cheddar cheese

How to Prepare:

pre-heat oven to 375.on a cookie sheet or caserole dish, lay out chicken.
season as you like, drain rotel and spoon over chicken.
close to doneness sprinkle on cheese and put back into oven for about 3 minutes until melted.

Cheesy Pepperoni Chicken

Serves:1

CarbsPerServing:4 gm

Prep Time:about 10 mins

Effort:Easy

Ingredients:

1 boneless chicken breast 4 pepperoni slices
1/4 c. Ragu Alfredo Sauce shredded parmesan cheese

How to Prepare:

brown the chicken breasts in olive oil until almost cooked through. drain on paper towel and put into baking dish. Add slices of pepperoni and shredded parm cheese on top of each breast. Bake at 350 until chicken is cooked through and cheese is bubbly. Warm up the Ragu Alfredo sauce in microwave and pour over baked chicken.

Chicken Chilaquiles

Serves:8

CarbsPerServing:4

Prep Time:1-2 hours

Effort:Average

Ingredients:

1 whole chicken, cooked/deboned	5 tortillas cut into strips
1 cup shredded cheddar cheese	1/2 cup Monterey jack
1/2 cup sour cream	1 clove garlic, chopped
2 lg tomatoes	2 serrano chilis, seeded
1 teasp. oregano, chopped	1/4 cup onion
1 cup (or more) chicken stock	1/4 cup cilantro, chopped
	1 tblsp olive oil

How to Prepare:

Boil chicken in water, remove when cooked, debone and cut into lg pieces.

Cut tortillas into strips and deep fry till golden, drain, set aside.

In large saute pan, heat olive oil and add tomatoes, chilis, onion, garlic, 1/2 cilantro and the oregano. Saute till all is cooked and little juice remains. Do not burn. Add the chicken stock and cook longer to meld flavors. Place all in blender and puree. Return to the saute pan and simmer with more stock into a nice thick sauce. Set aside.

In layers, place the tortilla strips, chicken, cheeses into a 9x13 pan. Add the sour cream in dollops, the cheeses and remaining cilantro. Cover with the sauce and top with more of the shredded cheeses. Bake at 350 till hot, bubbly and the cheese on top is lightly browned.

Lemon-Pepper Chicken

Serves:3-4

CarbsPerServing:Not sure, but not many.

Prep Time:45 minutes over all, but worth it.

Effort:Easy

Ingredients:

2 Tablespoons Lemon-Pepper seasoning. 2 Tablespoons Italian Seasoning. 2 Tablespoons Garlic Powder. 4 Tablespoons Butter. 3-4 Boneless, skinless chicken breasts.

How to Prepare:

Melt butter in skillet over medium heat. Sprinkle both sides of chicken with the Lemon-Pepper, Garlic Powder, and Italian Seasonings. Place in pan and cook for about 15 min on each side or until cooked through.

Chicken Alfredo with Parsley

Serves:3 ,1,10,7,10,10

CarbsPerServing:less than 7 total

Prep Time:15 minuts

Effort:Easy

Ingredients:

3 Chicken Breast	3 Green Onions	
2/3 Cup Chopped Mushrooms	2 Tbs Cream cheese	
1/4 Cup Heavy Cream	1 Tbs Butter	
1 tsp Minced Garlic	2 Tbs Finaly Chopped Parsley	1 Tbs Olive oil

How to Prepare:

Chop chicken breast into 1 inch cubes. Chop Green Onions finely. Heat skillet/wok with Olive oil. Stir fry Chicken first till brown and add onion and mushrooms.

Add Cream Cheese, Cream , Butter to a Sauce pan on low heat. "DO NOT BOIL". Stir until combined. Add Garlic, Parsley Salt & Pepper to Taste. You may have to add more cream to your liking. Combine Sauce in skillet with chicken and give a quick toss.

Spicy Chicken Strips

Serves:1-2,10,8

CarbsPerServing:2-3

Prep Time:10 min

Effort:Easy

Ingredients:

1 pkg. chicken breast cut into strips	5 tbsp hot sauce
1/2 cup oil	3 tsp basil
1 tsp pepper	2 oz cheddar cheese

How to Prepare:

combine all ingredents into frying pan. fry till chicken is done.

Grilled Bacon Wrapped Chicken

Serves:2-3

CarbsPerServing:0

Effort:Easy

Ingredients:

1 lb Boneless chicken breast	bacon - about 6 slices
butcher stringgarlic powder	black pepper

How to Prepare:

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season chicken with pepper and garlic and let sit for at least an hour. Wrap bacon around chicken and secure with butcher string. Grill over medium coals for about 20 minutes until chicken is done and bacon is crispy.

Smothered Chicken

Serves:9,10,10,10

Effort:Easy

Ingredients:

4 chicken breasts	1 lg onion
1 pkg mushrooms	granulated garlic
black pepper	4-6 oz cheese (swiss, provolone, cheddar or mozzarella)
4 slices bacon	2 tbsps white wine

How to Prepare:

I got this idea from bennigans, they make smothered steak too, but I never tried it. Fry the bacon in a large skillet. While the bacon is frying, slice the onion and mushrooms. When bacon is desired crispness, remove it from the pan. If there is too much grease, pour some off, there should be enough to coat the bottom of the pan. Add onions and mushrooms to the grease. Butterfly the chicken and/or pound thin to make like cutlets. Push the onions and mushrooms aside and place the chicken in the pan. Season to taste and sautee until done, flipping half way through, about 5 minutes each side, depending how thin. Add the white wine to deglaze. When done, scoop up all the onions and mushrooms and place on top of pieces of chicken. Break up bacon and place that on top. Then top each piece with cheese. Place a lid over to melt the cheese for a minute or two.

Chicken Cacitorre with Faux Pasta

Serves:3-4,10

CarbsPerServing:around 35 Total

Prep Time:30 mins

Effort:Easy

Ingredients:

1 pound chicken breast cut into bit sized pieces
1 can of diced tomatoes medium can
1/2 a Spegetti Squash
1 small can or half cup of chopped mushrooms 2tblsps of Olive oil
1 tsp Italian seasoning
Garlic and onion to taste
salt and pepper to taste
Parm Cheese for sprinkling!

How to Prepare:

Saute chicken chunks in oil add tomatoes, mushrooms and seasonings once chicken is cooked thru. while thats cooking Microwave half of a Spegetti squash for 10 mins, Microwave cut side down and poke a few holes in the skin. when that is done use a fork and scrape the insides to make your spegetti! add it to the chicken and tomato mix and simmer it for 10 mins so the sauce really gets in the squash.. top with your fav Italian Cheese and Enjoy

REUBEN CHICKEN

Serves:4-6,10,10

CarbsPerServing:UNKNOWN BUT LOW

Prep Time:10 MINUTES AND THEN 45 TO BAKE

Effort:Easy

Ingredients:

4-6 BONELESS, SKINLESS CHICKEN BREASTS	SAUERKRAUTSWISS CHEESE
THOUSAND ISLAND DRESSING	

How to Prepare:

PLACE RAW CHICKEN BREASTS IN BAKING DISH, SPREAD DRAINED SAUERKRAUT OVER RAW CHICKEN, COVER WITH THIN SLICES OF SWISS CHEESE, THEN SPREAD DRESSING OVER THE CHEESE.
BAKE AT 350 DEGREES FOR ABOUT 45 MINUTES OR UNTIL DONE.

Chicken mushroom cheesy bacon bake

Serves:4,10

CarbsPerServing:approx. 5 gms

Prep Time:20 minutes

Effort:Average

Ingredients:

4 chicken breasts
1 can condensed cream of mushroom soup
1/4 cup water
1 small white onion
1 pkg whole baby portabella mushrooms
2 cloves garlic
4 slices of bacon
1 cup shredded white cheddar cheese
olive oil
salt
pepper
garlic powder

How to Prepare:

Rinse chicken breasts and place into a baking dish. Sprinkle with salt, pepper, and garlic powder.

Add about 2 tbsp of oil to a frying pan on medium heat and add chopped garlic cloves. Sautee, but do not brown the garlic. Add mushrooms and brown. Set pan aside to cool to room temperature.

Mix soup with 1/4 cup of water and whisk. Add sauteed mushrooms to the soup mixture. Spoon 2 tbsp over each breast and spread evenly over entire breast.

Place 2 sliced raw onion rings over each breast and cover each breast with a slice of raw bacon (cutting each slice in half makes it easier to cover the entire breast).

Place into 400 degree oven until meat is no longer pink and bacon is browned and slightly crisp. About 45 minutes. Remove dish from oven and cover each breast with 1/4 cup of cheese. Place under broiler until cheese bubbles and is slightly browned.

Enjoy!

Chicken broccoli casserole

Serves:8,10,-----Select-----

Effort:Easy

Ingredients:

2 tbsp butter 1/4 c crushed pork rinds (you can sub bake mix or soy flour)
4 or 5 chicken breasts 2 or three stalks broccoli
1 tbsp olive oil 8 oz cream cheese
5 eggs 1/2 c sour cream
1/2 c cream about 2 cups of cheese
1/4 c parmesan garlic powder black pepper

How to Prepare:

I never measure anything, so these amounts are estimates, vary them as you wish. chop up chicken and broccoli in chunks and sautee in olive oil in a non-stick skillet. Set aside to cool. Mix in mixer the cream cheese, cream, sour cream, and eggs. Add a little garlic powder, parmesan and black pepper. Rub casserole dish with butter and coat with about 1/2 the pork rinds. fold the cheese in to the mixture. You can use any kind of cheese, or a mixture, swiss and cheddar are good. Fold in the chicken and broccoli. Pour in the casserole dish. Top with remaining pork rinds and parmesan. Bake about 45 minutes, or until golden brown.

Simple Curry Chicken Salad

Serves:depends

CarbsPerServing:approx 2-3

Prep Time:20 minutes tops

Effort:Easy

Ingredients:

boneless/skinless chicken tenders (I use about 6)
approx 1/4-1/2 cup of mayo(will vary depending on amount of chicken)
1 TBSP of full fat sour creamapprox 1 TBSP prepared mustard
1 TBSP Blue cheese dressing
salt
pepper
curry powder to taste

How to Prepare:

Boil chicken. Shred chicken,
(easy to do with food processor)add all other ingredients and mix well.

Sesame Garlic Thai Chicken and Veggies

Serves:2-3,10

CarbsPerServing:15 total

Prep Time:20 mins

Effort:Easy

Ingredients:

4 Chicken Breasts Half Bag frozen Broccoli
1 small can or 1 cup fresh mushrooms sliced 1 tbs of olive oil1/2 cup of coconut milk
2 tbs of Tahini (ground sesame seeds) 1 tbs of Garlic Salt and pepper

How to Prepare:

Cut Chicken into bite size pieces, brown in olive oil add veggies to pan till cooked In a small cup or bowl mix Coconut milk, tahini, garlic and salt pepper until smooth and mixed pour into pan over chicken and veggies and toss until they are all covered simmer for 5 minutes and serve... This is really garlicky and GOOD..

If you are unfamiliar with tahini you can usually find tahini in the section with the Olives and weird peppers and stuff or with the thai stuff in the store... Tahini is AWESOME it is Sesame butter add a splenda to it to make a great low carb peanut butter substitute

Chicken Enchilada Stuff

Serves:2,7,10

CarbsPerServing:9-10

Prep Time:20 minutes

Effort:Easy

Ingredients:

1 large chicken breast, diced 1 T chopped onion
1/2 green pepper, chopped salt, pepper, onion powder, nutmeg to taste
2 cloves garlic, sliced or crushed jalapeno pepper, chopped (optional)
Sauce 4 oz cream cheese 2 T heavy cream
2 T butter 1 T cheese Whiz pimento flavor

Enchiladas 2 eggs 2 T heavy cream ½ t salt
 1 t baking powder 1 sachet sweetener 2 t oil

How to Prepare:

Saute chicken in olive oil/butter mix until almost done. Add onion, green pepper and spices and sauté until vegetables are cooked.
 Sauce directions: Mix together in blender adding just enough water to get a sauce consistency.

When chicken/vegetables are cooked through, add sauce and heart through. Remove from heat and keep warm.
 Enchilada directions: Whisk all together and using a bit at a time cook crepe fashion in hot pan. This recipe made 4 good sized crepes.

Fill each crepe with ½ c chicken mixture and roll crepe and put seam side down in baking dish. When all are rolled, cover with any extra sauce and grated cheese. Bake for about 15 minutes until cheese is melted.

Pecan crusted chicken

Serves:10,8,10,7

Prep Time:20 minutes

Effort:Easy

Ingredients:

crushed pecans eggsboneless skinless chicken breasts

How to Prepare:

take the chicken breasts and roll it in the egg wash, then cover it ALL OVER in the crushed pecans. Put it in a pan and cook it up!
 (Medium heat) IT IS HEAVENLY!

Chicken Fingers

Serves:2

CarbsPerServing:1-2 maybe

Prep Time:20 minutes

Effort:Easy

Ingredients:

Chicken tenders
 2 eggs (scrambled with cream-uncooked)sesame seeds
 dehydrated minced onion oil

How to Prepare:

Mix minced onion and sesame seeds in a bowl. scramble eggs and cream in another bowl. Dip chicken tenders in egg and then sesame/onion mixture and fry in oil.

Pan Glazed Balsamic Chicken

Serves:2 or 3,10,10,10,10

CarbsPerServing:4

Prep Time:15 minutes

Effort:Easy

Ingredients:

1 lb boneless chicken breast salt
 freshly ground black pepper olive oil1/2 cup good quality balsamic vinegar
 1/4 pine nuts 1 tbs Dijon mustard

How to Prepare:

heat olive oil in non stick skillet on med high. Brown chicken for 3 minutes, turn and brown for 3 more minutes.
 Remove chicken, sprinkle with salt and pepper and cover to keep warm. In same skillet, add the vinegar and pine nuts. Let cook on med high about 30 seconds or until liquid is reduced to half. add mustard and mix to form a smooth glaze. Return chicken, cook for 2 minutes and serve.

This dish is great served with roasted squash and red peppers.

Easy Mexican Chicken

Serves:6-8,10

Prep Time:45 min

Effort:Easy

Ingredients:

8 chicken pieces (bone in and skin on) 1 stick margarine
 garlic salt and pepper to taste 2 cans diced tomatoes (undrained)
 2 pkg. taco seasoning 1 can chopped green chili's
 1 cup shredded cheddar cheese

How to Prepare:

Melt margarine in frying pan. Season chicken with garlic salt and pepper. Fry chicken in margarine till browned. Reduce heat, cover pan, and let simmer for 20 min.
 In large bowl, mix the diced tomatoes, taco seasoning, and chili's well. Pour over chicken. Cover pan, and let chicken simmer in sauce 25 min. or until chicken cooked through. Uncover and top with cheddar cheese. Serve warm.

Parmesan Crusted Chicken Tenders

Serves:varies

CarbsPerServing:trace carbs

Effort:Easy

Ingredients:

2 pounds Chicken Tenders
1 cup Heavy Cream
2 teaspoons Garlic Powder
2 teaspoons Ground Black Pepper
1 can Parmesan Cheese, the powder kind
2-3 teaspoons each: Garlic Powder & Ground Black Pepper
Peanut oil for pan frying

Marinade
2 Tablespoons Prepared Ranch Dressing
2 teaspoons Onion Powder
Breading

How to Prepare:

Mix marinade ingredients and marinate at least 6 hours or overnight.

Combine the Parmesan breading and coat each chicken tender really well.

Add enough oil to pan fry the breaded chicken tenders. Med-High heat.

Cook the batches of tenders till they are a nice crunchy golden brown.

SouthWestern Chicken Rolls

Serves:4

CarbsPerServing:9

Prep Time:prep 11 minutes/cooking time 25 minutes

Effort:Average

Ingredients:

4 large boneless skinless chicken breast
4 oz. Monterey Jack cheese with jalapeno peppers
1/3 c. packaged plain bread crumbs
1 large egg
1 tbs. milk
1/4 c. vegetable oil
1/4 tsp salt
2-3 tbs. all purpose flour

How to Prepare:

1-Preheat oven to 400. Place the chicken breast between sheets of wax paper or plastic wrap; using a mallet, pound each piece until it's about a 1/4 inch thick. Sprinkle the chicken breast with salt.

2-Cut cheese into 4 strips. Place 1 strip of cheese in the center of each chicken breast. Fold the sides of the chicken over the cheese to enclose completely. Secure with wooden toothpicks, if necessary.

3-On two separate sheets of wax paper, place bread crumbs and 2 tbs. of flour. In a pie plate, combine eggs and milk. Coat the chicken rolls first with the flour, then with the egg mixture, then with the bread crumbs.

4-In an oven safe skillet, heat oil over moderate heat. Cook the chicken rolls until lightly browned on all sides, 5 minutes. Place the skillet in the oven and bake until the chicken feels firm to the touch, 15 to 20 minutes. Remove the toothpicks. Serve with salsa if desired.

Chicken, peas, pecans and grapes Salad

Serves:4

Effort:Easy

Ingredients:

3 cups cooked chicken, diced
1 cup frozen peas
1/4 cup red onion, chopped
1/4 cup mayo
1/2 cup red grapes, halved
1/2 cup pecan pieces
1 hard boiled egg
salt and pepper to taste
romaine leaves

How to Prepare:

mix ingredients and serve on romaine leaves.

Rotel Chicken

Serves:2,10

Prep Time:20 minutes

Effort:Easy

Ingredients:

2 Boneless/Skinless Chicken Breasts
Cheddar/Mozzarella Cheese
Salt/Pepper to taste
Foil
1 can Rotel

How to Prepare:

Season Chicken with Salt and pepper to taste. Place chicken in foil and pour Rotel over chicken. Bake at 350 until chicken is done, about 30-45 minutes, chicken should be white in the center. Drain the juice and sprinkle cheese on top. Place back in the oven with the foil open to melt the cheese. No mess to clean up, just throw away the foil and enjoy!

Fried Chicken Breast

Serves:4

CarbsPerServing:1-2

Prep Time:30

Effort:Easy

Ingredients:

4 Large boneless, skinless chicken breasts with rib meat
1 Cup of Parmesan Cheese
Pepper
3 Eggs
1 TBsp of heavy cream
Olive Oil

How to Prepare:

Pour generous amount of olive oil (about 1/2 inch deep) in a large non-stick skillet and heat on med-high. Beat three eggs and cream together in a shallow bowl. Pour cheese on a plate for battering your chicken. Wash and pat dry your chicken. Pepper to taste. Dip

chicken one at a time in the egg mixture (get both sides coated well). Roll in cheese. Place chicken in hot oil and fry; turning chicken several times until golden brown and done. There's just trace amounts of carbs in all the ingredients so eat and enjoy!

You'll Love These Wings

CarbsPerServing:34g total

Effort:Easy

Ingredients:

5 pounds chicken wings -- fresh or frozen
1/2 cup soy sauce
1 cup Atkins Pancake Syrup
2 splenda packets -- or equal
1/2 teaspoon salt
Marinade:
2 cups broth
4 cloves garlic -- crushed, or 3 tbsp powder
2 tablespoons Atkins Vanilla Syrup
1/4 cup ketchup -- omit if in induction

How to Prepare:

Mix marinade and pour over wings and marinate 48 hours. Broil wings 5 mins on each side or until blackened patches appear on wings. These are sticky-finger-lickin'-good! My kids LOVE these and I never seem to make enough!

NOTES : Counts for syrups not included in totals

Turkey Meatballs with Spinach, Bacon & Cream Sauce

CarbsPerServing:11g total

Effort:Easy

Ingredients:

1 pound turkey
1 bag crushed bbq pork rinds
1 egg
1/2 teaspoon rosemary
1/2 teaspoon oregano
1/4 teaspoon cayenne 1/4 teaspoon garlic salt
2 cups spinach
2 slices bacon -- cooked and crumbled
1 cup heavy cream
2 tablespoons parmesan cheese

How to Prepare:

Mix turkey, pork rinds, eggs, rosemary, oregano, cayenne and garlic salt. Cook meatballs. In separate pan, wilt spinach in 1/4 cup of water. Drain and add bacon. Add cream and parmesan and reduce. When reduced pour over meatballs. This is good with some tabasco sauce!

NOTES : Counts for pork rinds not included - adjust accordingly

Turkey Crispies

CarbsPerServing:5g total

Effort:Easy

Ingredients:

2 cups Shredded roast turkey breast
1 ounce sliced almonds
2 tablespoons olive oil

How to Prepare:

Saute shredded turkey meat until beginning to brown on edges, add almonds. Stir until mixed thoroughly and hot throughout.

Remove and drain slightly. Eat warm or save some in refrigerator. Also good on salad and very filling.

Turkey and Cheese Roll-up

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 thin slice deli turkey*
1 thin slice deli swiss
cheese*
1 spoonful of Philadelphia
cream cheese2 fresh chilled asparagus
spears
1 paper towel

How to Prepare:

Lay the turkey slice flat on
the paper towel, put the
swiss cheese slice on top
of the turkey, spread the
cream cheese on top of the
swiss cheese, cut the
asparagus spears into
thirds and lay them
horizontally on top of the
cream cheese. Then at one
end of the layer start rolling
until you're able to hold the
roll in one hand, then place
the paper towel around the
roll-up, eat, and go.

You can substitute the
turkey and swiss with your
favorite meat and cheese.
Boar's Head brand is my
favorite deli meat and
cheese: it's low on sodium,
has no preservatives, and
offers varieties like
peppered Turkey, Virginia
baked ham, and jalapano
mozzarella cheese.

Tomatillo-Chicken

Serves:3

CarbsPerServing:44g total

Effort:Easy

Ingredients:

Pico de Gallo:

1 jalapeno chile pepper --
diced
1 medium onion -- diced
1 diced tomato
1/3 cup chopped cilantro

Sauce:

2 cups light sour cream
1 can Herdez green
tomatillo sauce (in the
Ethnic Foods aisle)Enchiladas:
6 chicken breast halves --
grilled or boiled,
with cumin and fajita
seasonings
2/3 cup heavy cream
3 cups shredded monterey
jack cheese
2 cans green tomatillo
sauce

How to Prepare:

Dice chicken. Pour 1/3 cup
of heavy whipping cream in
the bottom of a glass
casserole dish. Layer 1/2 of
the chicken on top. Sprinkle
1 cup of shredded monterey
jack cheese on top of
chicken. Repeat cream,
chicken and cheese layer.
Pour 2 cans of Herdez
green tomatillo sauce on
top of all. Sprinkle 1 cup of
shredded monterey jack
cheese on top. Cover with
foil and bake at 350
degrees for 40 minutes or
until cheese is bubbly.
Serve with sour cream/
tomatillo sauce and pico de
gallo.

NOTES : Counts for
tomatillo sauce, cumin and

fajita seasonings not
included in totals .

The Perfect Roast Chicken

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 3 pound whole chicken --
(3 to 4)
2 tablespoons unsalted
butter
salt and pepper to taste

How to Prepare:

Place empty pan in oven
and preheat to 375
degrees.

Melt butter and brush entire
chicken skin with it.

Season according to your
taste

Place chicken in v-rack so
that one wing is down and
one wing is up. Put rack in
roasting pan in oven.

After 20 minutes, turn
chicken over so that the
other wing is facing up.
Return chicken to oven.
After another 20 minutes,
turn chicken so that the
breast is up and return to
the oven to finish cooking.
Check chicken for
doneness after 30 minutes.
If chicken is done, remove
from oven and let rest for 15
minutes. Carve and enjoy.
This chicken is worth the
extra effort as the breast
meat is perfectly juicy and
the skin is crisp and brown.

Thai Turkey Bundles and Dipping Sauce

CarbsPerServing:32g total

Effort:Average

Ingredients:

1 egg -- beaten
1/2 cup waterchestnuts --
chopped
1/3 cup crushed pork rinds
-- or grated parmesan
cheese
1 green onion -- finely
chopped
1 tablespoon soy sauce
1 tablespoon lemon juice
2 teaspoons ginger root --
fresh, grated
1/2 teaspoon artificial
sweetener
1/4 teaspoon salt
1/4 teaspoon chili oil -- OR
a dash of ground hot
pepper
24 ounces ground turkey --
raw
12 whole lettuce leaves --
iceberg lettuce or savoy
cabbage
Dipping Sauce:
1/4 cup lemon juice
3 tablespoons fish sauce
(nam pla or nuoc mam)
1 tablespoon chopped
cilantro
2 teaspoons artificial
sweetener
1 tablespoon soy sauce
1/2 teaspoon crushed red
pepper
1/2 teaspoon dark sesame
oil
Optional: 1 T water if sauce

is too strong

How to Prepare:

Combine first 11 ingredients and mix with hands. Shape into 12 4 x 1-1/2 x 3/4" logs. Grill, broil, or pan fry until juices run clear, turning once. Serve with leaves, garnishes, and dipping sauce. At table, each log is to be wrapped in leaf along with garnishes of choice, and dipped. Warning: this is messy but lots of fun!

Garnish as desired: fresh cilantro sprigs, bean sprouts, shredded red and green bell pepper, shredded carrots (count those carbs!)

Dipping Sauce: Mix all together.

NOTES : Counts for chili oil, and fish sauce not included in totals.

Cilantro Cream Chicken

Serves:9,10,10,6

CarbsPerServing:64g total

Effort:Easy

Ingredients:

4 chicken breasts
3 ounces cream cheese
3/4 cup heavy whipping cream
1 lime -- juicedMcCormick's Rotisserie Chicken Seasoning (to taste)
salt and pepper to taste
3 tablespoons butter
1/2 cup chopped cilantro

How to Prepare:

Brown chicken in butter. Season with spices while cooking and browning. Remove chicken when browned. Add cream cheese in cubes to skillet with butter and drippings from chicken. Add whipping cream. Add lime juice and cilantro. On medium heat melt and stir all ingredients. Put chicken back in sauce mixture ---cover and cook on low for about 10 or 15 more minutes.

Note - instead of the McCormick's seasoning I just use some garlic powder along with the salt and pepper. Still delicious.

NOTES : Counts for coconut extract not included in totals.

Tarragon Chicken with Cream Sauce

Serves:1,10,8

CarbsPerServing:6g

Effort:Easy

Ingredients:

1 chicken breast
1 tablespoon dried tarragon
1/2 cup heavy creamsalt & pepper to taste
1 tablespoon butter

How to Prepare:

Place chicken breast between two layers of plastic wrap and pound until flattened. Sprinkle the

tarragon onto each side
and sprinkle with salt &
pepper to taste. Let sit for
15 minutes to develop
flavors. In a regular skillet
(not non-stick), melt butter.
When hot, put in seasoned
chicken breast and sear on
medium-high heat. Turn
after 2-3 minutes and cook
until done, 5-7 minutes
total. Remove chicken
breast from skillet. Pour
heavy cream into skillet,
scraping up bits from the
skillet bottom. Let simmer
until thickened, 3-5
minutes. Add salt to taste.
Pour over chicken to serve.

Tangy Chicken (easy and fast)

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

6 frozen chicken breasts
dressing

1 bottle Zesty italian salad

How to Prepare:

Take the frozen chicken
breasts out in the morning
and place in a bowl. Pour
the salad dressing over the
chicken breasts and cover.
Refrigerate until you get
home. Take chicken out
and fry, bake or grill it. Great
with a caesar.

Szechwan Chicken and Vegetables

CarbsPerServing:19g total

Effort:Easy

Ingredients:

3 tablespoons corn oil
1 teaspoon crushed red
pepper
2 medium chicken breast,
no skin, no bone, R-T-C --
thinly shredded
1 stalk celery -- thinly sliced
1 small carrot -- thinly sliced
1 medium green bell
pepper -- thinly julienned
1/2 teaspoon salt
1 tablespoon soy sauce
1 packet splenda packets
1/4 teaspoon tabasco
sauce -- optional
1/3 cup chicken stock
1/4 teaspoon guar gum -- to
thicken if needed

How to Prepare:

Heat wok or deep skillet
over high heat with oil and
pepper flakes for 10
seconds. Reduce heat to
medium and stir fry chicken
for 1 1/2 minutes. Add
celery, carrot and bell
pepper and stir fry for 1
minute. Add the remaining
ingredients and stir fry for
1-2 more minutes or until
slightly thickened.

Stuffed Chicken Breasts

Serves:10

CarbsPerServing:2.3g

Effort:Easy

Ingredients:

1 pkg. bratwurst --
Johnsonville Fresh
10 chicken breasts --
skinless and boneless
14 ounces chicken meat --
skinless
2 tablespoon jalapeno
peppers -- finely chopped
1 cup yellow onion --
chopped
1 tablespoon garlic --
chopped
2 eggs
1 teaspoon dried oregano
1 teaspoon black pepper

1/2 teaspoon chili powder

How to Prepare:

Remove sausage from casing and brown in skillet. Drain and preserve. Place chicken breasts on work surface and pound even. Process chicken meat in food processor until almost paste. Add remaining ingredients to processor and mix until well chopped, not pureed. Season inside of each chicken breast with salt and pepper. Place approximately 2 tablespoons of filling on breast and fold over, fasten with toothpicks. Place in a roasting pan, seam sides down. Roast at 400° for 20-25 minutes or until internal temperature reaches 160°.

Stuffed Chicken Alfredo

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Take 4 boneless skinless chicken breast and pound flat with a meat mallet. Lay a piece of ham on the flattened breast, then swiss cheese or cheese of choice. Roll up, and wrap with a piece of bacon. Secure with a tooth pick. Spray pan with non stick spray and lay in pan. Cover with alfredo sauce. Bake for 1 hour 30 minutes. Serve with broccoli.

Spinach-Stuffed Chicken

CarbsPerServing:39g total

Effort:Easy

Ingredients:

20 ounces frozen chopped spinach -- thawed and squeezed dry
1 cup shredded Swiss cheese -- (4 oz.)
3/4 cup ricotta cheese
1/3 cup grated Parmesan cheese
3 tablespoons finely chopped onion
1 clove garlic -- minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground nutmeg
6 bone-in chicken breast halves

2 tablespoons olive or vegetable oil
1 teaspoon paprika
1/2 teaspoon dried oregano
1/2 teaspoon thyme
Additional paprika -- 'optional'

How to Prepare:

Combine the first 9 ingredients; gently stuff 1/2 cupfull under the skin of each chicken breast. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Combine the next 4 ingredients; brush over chicken. Sprinkle with additional paprika if desired.

Bake at 350-F for 1 to 1 1/4 hours or until juices run clear.

Spicy Thai Peanut Chicken

CarbsPerServing:25g total

Effort:Easy

Ingredients:

1/4 cup Peanut butter
2 tablespoons chopped peanuts
2 tablespoons soy sauce
1 tablespoon instant minced onion
1 tablespoon minced parsley
1 garlic clove -- crushed and minced
Red Pepper sauce to taste 1/8 teaspoon ground ginger
4 whole chicken breast -- halved, skinned, boned
2 tablespoons soy sauce
2 tablespoons Sugar Twin Brown
1 tablespoon melted butter
1 can chicken broth
1/4 cup heavy cream

How to Prepare:

Mix peanut butter, peanuts, 2 tbs soy sauce, onion, garlic, parsley, pepper sauce (& red pepper flakes if you like kick) and ginger. Spread paste on chicken breasts and roll. Secure with toothpick. Place in slow cooker. Mix remaining soy sauce, sugar twin brown, butter and broth and pour over chicken. Cover and cook for 4 to 5 hours on low. Remove chicken mix in cream and cook sauce on high for 15 minutes or until thickened and creamy. Serve over cabbage noodles.

NOTES : Counts for instant minced onion, red pepper sauce, and brown Sugar Twin not included in totals.

Spiced Breaded Chicken Strips

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Combine 1/4 cup flour substitute (soy flour) with 1 1/2 teaspoons "Season-All" spices; 1/2 teaspoon "Lemon Pepper"; 1/2 teaspoon "Paprika" and 1/2 teaspoon salt (adjust seasoning to taste). Cut 500g chicken fillets into strips and lightly coat with seasoned "flour". Allow chicken to rest while heating oil (enough to cover chicken strips) in a pan. Fry the chicken and serve (if you can wait long enough).

I'm in Australia and the brand of "Season-All" I use is McCormick (also comes in "Season-All Spicy" & "Season-All Garlic"). The MasterFoods one doesn't taste as good.

Be careful not to coat the chicken too much with the seasoned "flour" as it can be too strong for the meat if

there is too much.

I'm not 100% sure of the
spice amounts as I usually
just throw it together without
measuring.

Spiced Chicken Strips

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Debone chicken, and slice
it into pieces no more than
two fingers thick. Boil the
chicken strips in oil or
water, over medium heat,
stirring constantly (if
pressed for time or
patience, fresh precooked
or microwaved chicken will
work almost as well). Drain
the oil--into a can or another
pan, not the drains! Melt
butter in the pan, enough to
cover the bottom thoroughly.
Place the chicken strips into
the pan, stirring every 2-3
minutes. Add finely
chopped onions, parsley,
garlic powder, salt and
black pepper--or other
spices--to taste. Stir every
couple of minutes until the
chicken is browned; remove
from heat and serve. The
carbohydrate content will
vary depending upon the
spices and amounts used.
Caution!: Cut several
pieces of chicken in half, to
be sure it's cooked all the
way through--if it's cooked,
the meat should be white.

Sour Cream Chicken

CarbsPerServing:30g total

Effort:Easy

Ingredients:

6 chicken breasts
2 cups sour cream
3 cloves fresh garlic -- (3 to
4)
2 tablespoons
worcestershshire sauce
2 tablespoons lemon juicesalt and pepper -- to taste
1 slice bread (optional)
melter butter
paprika

How to Prepare:

Blend sour cream, garlic,
lemon juice, worcestershshire
sauce, salt and pepper
together and pour over
chicken breasts. cover and
marinate in fridge overnight.
Remove chicken breasts
and put in baking pan,
sprayed with Pam. If
desired, grind up 1 slice
bread in food processor
and lightly sprinkle on top of
chicken. Drizzle with a little
melted butter. Shake a little
paprika on for color. Bake
350 for 45 min.

Sausage, Mushroom and Cream Cheese Chicken Casserole

Serves:9

CarbsPerServing:18g total

Effort:Easy

Ingredients:

4 large chicken breast
halves

-- pounded even but not too thin
salt, pepper and garlic powder to season chicken
2 tablespoons olive oil
1/2 pound pork sausage
-- roll type breakfast sausage
4 ounces cream cheese -- softened
1 cup shredded cheddar cheese -- divided
8 ounces button mushroom -- fresh, sliced or quartered
2 tablespoons chopped parsley -- (2 to 3), optional

How to Prepare:

Season chicken and brown for 3 minutes on each side in hot oil. Set aside and then crumble and cook the sausage. Drain well and let cool slightly. Preheat oven to 350f. Spray a casserole or baking pan with cooking spray and place mushrooms in the bottom. In a bowl, mix the sausage, cream cheese, 1/2 the shredded cheese and parsley well. Spoon and smooth over the mushrooms and place the chicken on top. Cover and bake for 30 minutes, remove cover, sprinkle over remaining cheese and parsley and bake an additional 15 minutes or until the cheese is melted and browned and the chicken is completely cooked.

Saudi Satay

CarbsPerServing:88g total

Effort:Easy

Ingredients:

1 tablespoon curry powder
1 teaspoon coriander seed
1 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground red pepper
1 tablespoon grated onion
1 clove garlic -- large, crushed (or 1T powder)
3 tablespoons apple juice -- I used pineapple
1/2 cup olive oil
1/4 cup soy sauce
1/4 cup honey -- optional
skewers -- if wooden, soak in warm water
4 boneless/skinless chicken breasts

How to Prepare:

Cut chicken into small pieces. In a medium sized bowl, combine ingredients and mix.

Add chicken, stir to coat. Marinate at ROOM temperature for 30 minutes. (then I've marinated in the fridge for up to 4 hours)

Place chicken on a broiler pan or grill (I really suggest the grill).

Cook for approx. 10 minutes.

NOTES : Carbs are in the

marinade, and not all will
be consumed.

Quick and Easy Chicken in Lemon & Butter Sauce

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 pound chicken -- either boneless breasts or tenderloins
3 tablespoons butter -- (3 to 4)
lemon juice -- to taste

How to Prepare:

Melt butter in skillet. Place thawed chicken pieces in pan, cook at medium heat. Cook time depends on the type of chicken you're using. Add lemon juice to taste, and serve! Note: Worcestershire Sauce or Teriyaki and Soy Sauce can substitute for the Lemon Juice.

Pepper-Lime Chicken

CarbsPerServing:10g total

Effort:Easy

Ingredients:

2 pounds meaty chicken pieces
1/2 teaspoon lime peel -- shredded
1/4 cup lime juice
1 tablespoon olive oil 2 cloves garlic -- minced
1 teaspoon ground pepper
1 teaspoon thyme -- crushed
1/4 teaspoon salt

How to Prepare:

Rinse chicken, pat dry. Place chicken pieces, skin side down, on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 20 minutes or until lightly browned. Meanwhile, for lime glaze, in a bowl stir together lime peel, lime juice, oil, garlic, salt, black pepper, and thyme. Brush chicken with lime glaze. Turn chicken and brush with more glaze. Broil for 5 to 15 minutes until no longer pink, brushing often with glaze.

Orange Baked Chicken Breasts

CarbsPerServing:1g total

Effort:Easy

Ingredients:

6 chicken breast -- boneless and skinless
1/2 cup water
1 teaspoon orange extract
1 teaspoon No-Salt 1/4 teaspoon black pepper
1/2 teaspoon dry mustard
1/4 cup brown sugar twin

How to Prepare:

Spray glass baking dish with Pam. Put chicken breasts on bottom. Mix remaining ingredients well and pour over. Bake at 350 degrees for 35-40 minutes.

Onion-Chicken with Lemon juice

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Use an electric fry skillet or large frypan and add as much olive oil or vegetable oil as you like. Fry split chicken breasts (or any part of the chicken) with NO BREADING and slice 1/4" thick slices of onion over it as it fries. Add lemon juice and Liquid Smoke (I use about 4-8 tablespoons of lemon juice and LOTS of Liquid Smoke) over chicken and onion mixture. COVER. Fry for apx. 1/2 hr on medium, then uncover and fry on medium until chicken is browned and onions are nice and done. The lemon juice and Liquid Smoke really give it a zingy taste and the onions are yum.

KFC Twister Variation

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Boneless/Skinless chicken tenders battered in soy flour and fried in oil until "crunchy" golden brown. (add your favorite seasonings to the soy flour before breading).

Wrap chicken, shredded lettuce, and diced tomatoes with low carb ranch dressing in a low carb tortilla and enjoy.

Salsa Chicken

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

4 chicken breasts
equal parts salsa and sour cream

How to Prepare:

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You can use any type of salsa -- of course the lower the carbs the better and with this recipe chunkier works better. Because of the sour cream you also may want the salsa to be spicier than usual (we use medium instead of mild). Brown the chicken breasts in pan with a small amount of oil. Then add the sour cream and salsa, stir well. Cover and simmer for about 10-15 min. That's it.

Italian Chicken 2

CarbsPerServing:27g total

Effort:Easy

Ingredients:

2 pounds chicken breast
1 large tomato -- chopped1 onion -- chopped
1/2 cup italian salad dressing

How to Prepare:

Cut chicken breast's in half, add salad dressing to pan sautee chicken in salad dressing. Half way through cooking put in tomatoes and onions. Cook till onions are translucent. Put in casserole dish into the oven at 350 degrees. Top with any flavor shredded cheese you like I used monterey jack. Bake covered 15 minutes then remove cover and cook another 10 min.

CHEESY TOMATO GARLIC CHICKEN BREASTS

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

COLBY CHEESE (OR ANY KIND OF CHEESE YOU WISH)
FRESH TOMATOES - SLICED INTO ROUNDS
BONELESS CHICKEN BREASTS
GARLIC POWDER
BUTTER

How to Prepare:

SPREAD YOUR BUTTER OVER YOUR CHICKEN BREASTS AND SPRINKLE THE GARLIC OVER
THE BREASTS. COVER WITH ALUMINIUM FOIL AND COOK IN YOUR OVEN AT 400 DEGREES
UNTIL DONE. MAKE SURE THEY ARE JUST DONE AND NOT OVERLY DONE! TAKE OFF THE
ALUMINIUM FOIL AND COVER EACH CHICKEN BREAST WITH SLICES OF CHEESE TILL THE
BREAST IS COVERED THEN PLACE THE TOMATO SLICES ON TOP OF CHEESE USUALLY TWO
SLICES IS ALL THAT WILL FIT. BAKE A LITTLE LONGER UNTIL CHEESE IS MELTED
ABOUT TEN MINUTES LONGER. REMOVE AND SERVE. I DO NOT HAVE THE COUNTS ON THIS
RECIPE.....JUST MADE IT UP MYSELF, BUT THE ONLY CARBS WOULD BE IN

THE

TOMATOES WHICH WOULD ONLY BE ABOUT 6-7 CARBS FOR A WHOLE TOMATO SO THE
SLICES WOULD ONLY BE A FEW CARBS.
I ENJOYED THIS RECIPE ... I HOPE YOU DO TOO

Chicken tikka masala

Serves:4

CarbsPerServing:9

Effort:Easy

Ingredients:

Marinade:1 cup plain yogurt2 Tablespoons lemon juice2 teaspoons each: ground cumin, ground red pepper, freshly ground black pepper1 teaspoon each: cinnamon, salt1 piece (1/2 inch long) ginger root, minced (I used 1 tsp ground ginger)1 1/2 pounds boneless, skinless chicken breasts, cut into 1 inch cubesSauce:1 tablespoon unsalted butter2 cloves garlic, minced1 jalapeno chili, minced2 teaspoons ground coriander1 teaspoon each: ground cumin, paprika, garam masala, see note1/2 teaspoon salt1 can (8 oz) tomato sauce1 cup whipping cream1/4 cup chopped fresh cilantro

How to Prepare:

1. For marinade, combine yogurt, lemon juice, cumin, red pepper, blackpepper, cinnamon, salt and ginger in medium bowl or food-safe plastic bag.Stir in chicken and marinate in refrigerator for 1 hour.2. For sauce, melt butter in large deep skillet over medium heat. Addgarlic and jalapeno and cook 1 minute. Stir in coriander, cumin, paprika,garam masala and salt. Stir in tomato sauce and simmer 15 minutes. Stir incream and simmer until sauce thickens, about 5 minutes. Add choppedcilantro.3. Meanwhile, heat grill to medium high (or heat broiler). Thread chicken onskewers and discard marinade. Grill or broil chicken until cooked through,about 8 minutes.4. Remove chicken from skewers and add to sauce. Simmer about 5 minutes.

Honey Mustard Wannabe Strips

CarbsPerServing:29g total

Effort:Easy

Ingredients:

1 1/2 pounds boneless chicken -- breast, meat only
1/2 cup grated Parmesan cheese
1/2 teaspoon Salt -- table
1/2 teaspoon black pepper
1 tablespoon Oil -- olive, salad or cookingSauce:

1/2 cup Splenda
1 cup yellow mustard -- French's

How to Prepare:

The beginning step is to turn those chicken breasts into something resembling strips. Not only is this process easy as all hell, it's quite emotionally satisfying as well. Take the breasts, one at a time, rinse them in water, and place them in a heavy duty freezer bag. Then place the bag with the breast in it on a sturdy counter or table and bang away at it with a hammer. That's right, with a hammer. Make nice, even hits, and hammer the breast out until it's about 1/4 inch thick. If some hapless soul wanders into the kitchen to ask what the heck you're doing, give them a maniacal stare and sort of growl, "I'm making chicken!"

Now that you've hammered the chicken out to 1/4 inch thick, remove it from the bag and cut it into strips, lengthwise. You can make your strips as wide or as thin as you want. The world's your oyster, baby. Once you've cut them into strips, roll them in the parmesan cheese and spices, until you have a fine coating.

Now, starting with a hot pan, fry the strips on medium high heat in the olive oil, for about eight minutes on each side, or until the chicken is easily pierced with a fork and the juices run clear. Once the strips are done, lay them on a bed of paper towels and read them a story while they drain of grease. That's it kidlets!

Use the sauce for dipping, and force your family members to bow before your low carbohydrate mastery!

Grilled Brie Chicken

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Grill a frozen boneless, skinless chicken breast on the grill. Grilling it frozen keeps it juicy. When it is almost done, make a slit in the breast and add a slice of brie cheese. Cook long enough for the cheese to melt. Top with mushrooms that you saute in butter. DELISH! My children love this one too. You can also add a slice of cooked bacon around the chicken as the cheese is melting. Also use other types of cheese if you don't like brie.

Ginger Glazed Chicken

CarbsPerServing:3g total

Effort:Easy

Ingredients:

1 tablespoon fresh ginger -- grated
2 cloves garlic -- minced
1 tablespoon brown Sugar Twin1/8 teaspoon salt substitute
4 boneless skinless chicken breast
1/4 cup low sodium chicken broth

How to Prepare:

Preheat oven to 375. Combine first four ingredients in a bowl and mix thoroughly. Rub mixture on both sides of chicken. Place in glass baking dish. Add chicken broth to dish and bake 30-35 minutes until chicken is no longer pink.

NOTES : Counts for brown sugar twin not included.

Garlic Parmesan Chicken

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Chicken Breast (as many or as few as you need)
Butter
Crushed Garlic (I use the jar kind from Christopher Ranch- 1 carb per tsp.)Shredded parmesan
1 egg
Toothpicks

How to Prepare:

Beat egg and set aside. Pound chicken until about 1/4 to 1/8 inch thick. Put one tablespoon of butter and one teaspoon of crushed garlic in the center of the breast. Roll the breast up keeping the butter and garlic in the middle and secure with toothpicks. Dip chicken in egg and then in parmesan to coat outside. Cook at 350 for about 20 minutes or until done.

Garlic Chicken with Creamy Pesto Sauce

CarbsPerServing:7g total

Effort:Easy

Ingredients:

2 Boneless skinless chicken breasts -- pounded thin (2 to 3)
salt to taste
garlic powder to taste3 tablespoons pesto sauce -- (3 to 4)
1/2 cup heavy cream
2 tablespoons Olive Oil

How to Prepare:

Sprinkle chicken with salt and garlic powder on both sides to your desired taste. Brown chicken in frying pan then put approximately one tablespoon of Pesto on each piece of chicken and spread around to cover. Add Heavy Cream and an additional tablespoon of Pesto to pan and stir with whisk. Heat until sauce starts to thicken. I like to add a little Arrowroot or Not-Starch to help thicken. Serve chicken breasts with sauce on top and over your fresh cooked vegetables. Delicious!

Fried Chicken Wings - Asian Style

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Marinade:

1 tablespoon grated onion
1/2 tablespoon ground ginger
1/2 tablespoon ground or minced garlic
1 tablespoon white vinegar
1 teaspoon soy sauce
Salt by estimate
Coating:
1 tablespoon arrowroot (or any other cornstarch substitute)
1 tablespoon cream cheese

How to Prepare:

Marinate the chicken wings in the above marinade for 4 - 8 hours (or overnight to really mix in the flavors) in the refrigerator. Drain and combine wings with the cream cheese & arrowroot mixture -- just toss it all together and mix well (tip: use your hands). Then deep fry in very hot oil till browned on the outside. Drain on paper towel and enjoy with a tall cool drink.

Cooking time varies but this should not be overcooked -- just till the inside is no longer pink. Generally if the outside is evenly browned to a rich golden brown, these are done. For best results keep the skin on.

8 to 12 chicken wings

Creamy Alfredo-ey Chicken w/Broccoli

CarbsPerServing:16g total

Effort:Easy

Ingredients:

2 tablespoons butter
1 clove garlic -- chopped
2 tablespoons dry vermouth -- or dry white wine
1 pint heavy cream
parmesan cheese -- or regaggio, shredded
broccoli -- cooked and chopped
chicken breast

How to Prepare:

In saucepan melt butter with garlic. Add vermouth or wine and slightly reduce. Add cream and stir often, keeping mixture just under the boiling point. As mixture begins to thicken, add shredded parmesan cheese or regaggio. Keep stirring until mixture thickens. Add broccoli. Remove from heat and let stand a few minutes--serve over chicken breast.

For variation, add mushrooms to the sauce when adding the broccoli! The sauce also tastes great with seafood (i.e. small shrimp or scallops). The sauce tastes great, is very low carb and very filling!

Cream Cheese Stuffed Cornish Hens

CarbsPerServing:5g total

Effort:Easy

Ingredients:

2 Cornish Game Hens
Salt, pepper, and nutmeg -- to taste
4 Ounces Cream Cheese
2 Heads Garlic
2 Tablespoons Butter

How to Prepare:

Rinse hens, pat dry; reserve giblets for another use. Sprinkle hens with salt, pepper and nutmeg. Mix garlic with cream cheese and butter. Place half of mixture inside each hen, and some under skin as well. Place hens, breast side up oven dish, and cover with aluminum foil. Set oven to 450 degrees. Bake until hens are tender and light brown, about 1 1/4 hours. Remove cover; bake about 10 more minutes, until brown. Serve with cooking juices over hens.

Cream Cheese & Onion Chicken

CarbsPerServing:16g total

Effort:Easy

Ingredients:

8 ounces cream cheese
 1 onion
 chivesbacon
 chicken - bones in -- bones out, pounded flat - any way you like it

How to Prepare:

Chop onion, mix with chives an cream cheese. Bones in chicken - chicken in baking dish, cream cheese mixture on top, cover with bacon slices Boneless chicken - layered - bacon, chicken, cream cheese mixture, chicken, bacon Pounded chicken - roll cream cheese mixture in center, wrap bacon around rolls Bake 350 for about an hour.

Chinese Pepper Chicken

CarbsPerServing:37g total

Effort:Easy

Ingredients:

2 tablespoons soy sauce
 1 tablespoon cider vinegar
 1 tablespoon water
 1 splenda packets
 2 teaspoons sesame oil -- or vegetable oil
 1/2 teaspoon Frank's hot sauce
 3 pounds chicken -- (3 to 3 1/2) broiler/fryer cut up2 tablespoons vegetable oil
 1 teaspoon ginger root -- finely chopped
 2 cloves garlic -- finely chopped
 3 tablespoons green onion -- sliced
 1 1/2 cups mushrooms
 3 bell peppers -- cut into 1-inch pieces

How to Prepare:

Mix soy sauce, vinegar, water, sesame oil and pepper sauce in shallow glass or plastic dish or heavy resealable bag. Add chicken; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning chicken occasionally, at least 1 hour but no longer than 24 hours. Remove chicken from marinade; reserve marinade. Heat vegetable oil in 12-inch nonstick skillet or Dutch oven over medium heat. Cook chicken in oil about 15 minutes, turning occasionally, until brown on all sides. Cover and cook over low heat about 20 minutes or until juice is no longer pink when centers thickest pieces are cut. Remove chicken from skillet, keep warm. Drain all but 1 tsp drippings from skillet. Heat drippings and marinade in skillet over medium-high heat. Stir in gingerroot, garlic and onions. Cook and stir about 30 seconds or until garlic is light golden brown. Stir in mushrooms and bell peppers. Cook about 5 minutes, stirring occasionally, until bell peppers are crisp-tender. Serve with chicken.

Chinese Chicken

CarbsPerServing:7g total

Effort:Easy

Ingredients:

1/2 small red bell pepper -- chopped
 2 tbs white vinegar
 red pepper flakes -- to taste
 1 package artificial sweetener2 chicken breast -- boneless, skinless
 Shredded lettuce
 Mung bean sprouts

How to Prepare:

Puree red pepper with vinegar in blender. Pour into saucepan. Add red pepper. Bring to a boil. Reduce heat and simmer three minutes. Remove from heat and let cool. Once cool, add sweetner. Cut chicken breasts into strip and stir fry until brown. Cover with sauce. Serve on bed of shredded lettuce and mung bean sprouts.

Chicken with Cheesy Mushrooms

Serves:10

CarbsPerServing:27g total

Effort:Easy

Ingredients:

4 boneless skinless chicken breasts
 1 pound fresh mushroom -- sliced
 2 tablespoons butter
 1/2 cup sour cream1/4 teaspoon salt
 ground pepper
 1/2 cup grated parmesan cheese
 Parsley Flakes

How to Prepare:

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Place thawed chicken breasts in a 9X13 baking pan that has been sprayed with non-stick cooking spray. Bake in 425 oven for 30-45 min. until done. During the last 10 minutes of baking saute mushrooms in butter in a heavy skillet for 4 min. Stir in sour cream, salt and pepper. Heat until bubbly. Spread mushroom mixture on top of chicken breasts. Sprinkle top with cheese and parsley and bake for an additional 10 min.

Chicken Stroganoff

CarbsPerServing:27g total

Effort:Easy

Ingredients:

1 1/2 pounds chicken -- or beef cut into stir fry strips
4 tablespoons butter -- divided
1/2 onion -- sliced thin
1 clove garlic -- finely chopped
1/2 cup water1 chicken bouillon cubes -- or 2
1 pint sour cream -- 1 medium container (pint?)
dash mustard
pepper
dill seed -- optional

How to Prepare:

In skillet melt 2 tablespoons butter and add onion and garlic (and sliced fresh mushrooms or canned if you like). Brown on low heat (not to burn garlic) and cook until onion is carmelized. Remove from pan and set aside.

In same skillet add 2 tablespoons butter and meat strips. Add pepper and dill seed. Cook until well browned and butter has cooked away. Then add 1-2 boullion cubes (beef or chicken) and 1/2 cup water. Continue cooking until all moisture has gone and beef/chicken is coated nicely.

Turn heat to low and add sour cream, 1 small squirt regular mustard. Add onions and garlic (and mushrooms if used)
Stir well and heat through without boiling.

Chicken Satay

CarbsPerServing:21g total

Effort:Easy

Ingredients:

---marinade---

2 tablespoons tamari soy sauce
1 teaspoon garlic -- minced
1 tablespoon sherry
2 teaspoons splenda -- granular
1/4 cup water
1 1/2 pounds chicken breast -- sliced 1/2" thick---sauce---
4 tablespoons peanut butter -- fresh
3 tablespoons hot water
1 tablespoon tamari soy sauce
1 tablespoon sesame oil
1 teaspoon garlic -- minced
1 teaspoon ginger -- minced
1 teaspoon lime juice

How to Prepare:

Place thawed chicken in marinade and refrigerate for 2 hours or overnight. Skewer onto bamboo skewers and place on grill (indoor or outdoor).

Baste with peanut sauce towards end of cooking time--be sure sauce doesn't burn. Microwave and remaining sauce to warm for dipping.

Chicken Pepperoni

CarbsPerServing:106g total

Effort:Easy

Ingredients:

1/4 cup extra virgin olive oil
20 boneless chicken tenders
1 cup red pepper -- sliced thin
1 cup green pepper -- sliced thin
1 cup mushrooms -- sliced
8 artichoke hearts -- chopped
16 pepperoni slices -- (1/4 pound)
2 cups chicken stock1 cup No sugar marinara
1/4 cup locatelli cheese
1/4 cup dry white wine (optional)
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon black pepper
1 tablespoon butter

How to Prepare:

1. Heat olive oil in saute pan and add chicken & peppers. Saute for

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2-3 minutes and turn chicken over for 2-3 more minutes.

2. Add mushrooms, artichoke hearts and pepperoni and continue to saute for 5 more minutes.

3. Add chicken stock, marinara, cheese, wine, powders and black pepper. Simmer for 5 additional minutes.

4. Before serving, add tablespoon of butter rolled in flour (to coat), stir. Serve in a bowl.

Chicken Parmesan Goodness

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

2 Chicken Breasts
1 can diced tomatoes (my kind has Italian seasonings in it)
2 tablespoons minced garlic
Olive Oil
Mozzarella Cheese
Parmesan Cheese
Italian Spices

How to Prepare:

Put a few tablespoons of olive oil in a frying pan and fry up the garlic in it. Smell it, it's yummy. Pound the chicken breasts (very cathartic) until they are thinner, but not itty bitty. Put the chicken in the pan, browning it well on both sides, making sure the garlic gets on both sides of the breasts. When they are brown, dump the can of tomatoes in the pan and keep cooking until the breasts are done in the middle (5 or 10 more minutes?) - and plop more Italian spices on top, especially if the tomatoes didn't have any. Then put a handful of shredded mozzarella cheese on each breast and cover the pan for a few minutes to steam the cheese into gooey submission. Take the chicken out and put on the dish, then pour the tomato mixture over the chicken. Then put tons of Parmesan cheese on top of it. It's so simple and good it'll make your momma cry.

Chicken 'Nachos'

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Grilled/Baked Chicken Strips (not breaded)
Shredded Cheese
Salsa
Sour Cream
Black Olives

How to Prepare:

Place cooked chicken strips on a plate. Add shredded cheese and black olives. Heat in microwave until cheese melts. Add about a Tablespoon of Salsa and 1 or 2 Tablespoons of Sour Cream (I use 2).

Chicken Mushroom Dijon

CarbsPerServing:12g total

Effort:Easy

Ingredients:

4 chicken breast halves -- skinned & boned
1 teaspoon Lemon Pepper
1/4 teaspoon onion powder
1 cup Heavy cream
1 tablespoon Dijon mustard
1 cup mushrooms
2 tablespoons Butter

How to Prepare:

Sprinkle both sides of chicken with lemon-pepper seasoning and onion power. In a skillet cook chicken in margarine or butter over medium heat for 8 to 10 minutes, or till tender and no longer pink, turning once.

In a small mixing bowl mix together sour cream, cream and mustard. Pour mushrooms over chicken, pour mustard mixture over chicken and mushrooms.

Stir until sauce thickens and mushrooms and chicken are well coated.

Chicken Medallions

CarbsPerServing:2g total

Effort:Easy

Ingredients:

1 boneless skinless chicken breast
1 stalk rosemary -- strip leaves off, discard stick (1 to 2)
8 basil leaves -- (8 to 10) --(dried herbs can be used but fresh is better)
salt
pepper
butter or olive oil for frying
optional: garlic and/or onion powder

How to Prepare:

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1. Chop rosemary and basil together very fine. push to one side of cutting board.
2. Place chicken breast on cutting board. Hold down with palm of hand and slice into medallions carefully w/sharp knife (knife should be held horizontally and pass under the hand holding it down).
3. Salt and pepper medallions (also garlic/onion powder if desired).
4. Dredge medallions in chopped herbs. Shake off excess, but be sure some sticks.
5. Fry in butter or olive oil over medium heat, 3-4 minutes per side (don't overcook, but be sure it is cooked through).
6. Serve w/side vegetable and salad.

Chicken Kiev

CarbsPerServing:6g total
Effort:Easy

Ingredients:

4 large chicken breast -- boneless
1/4 cup atkins bake mix -- optional
1 egg -- beaten

Garlic Butter:

1/4 cup butter -- softened
1 tablespoon parsley
1/8 teaspoon garlic powder -- (or 1 clove garlic minced, but this raises carb count a little)"Bread" crumbs:
1 1/2 ounces plain pork rinds
2 tablespoons parmesan cheese
1 teaspoon oregano
1 teaspoon parsley
1 pinch garlic powder

How to Prepare:

1. Mix garlic butter ingredients (butter, parsley, and garlic powder) in a small bowl. Chill in freezer for 15 minutes.
2. Crush pork rinds finely (the finer they are, the more they resemble bread crumbs). Combine crushed pork rinds with other "bread" crumbs ingredients (parmesan cheese, oregano, parsley, and garlic powder).
3. Flatten chicken breasts, either by rolling between sheets of wax paper or pounding with a tenderizer mallet.
4. Remove garlic butter from freezer. Place a piece of garlic butter (shaped into a small "stick") in center of each flattened chicken breast (divide garlic butter evenly between chicken breasts).
5. Roll up chicken breasts with garlic butter in the center.
6. Dredge rolled up chicken breasts in Atkins bake mix. Dip in or brush with egg and roll in "bread" crumbs.
7. Use toothpicks to hold rolled chicken breasts together. Either fry the chicken until cooked or place seam-side down on a buttered baking sheet (with sides) and bake uncovered at 425 for 40 minutes.

Chicken in Basil Cream

Serves:10
CarbsPerServing:16g total
Effort:Easy

Ingredients:

1/4 cup butter -- melted
1/4 cup parmesan cheese -- could use pork rinds (recipe called for dry bread crumbs)
4 boneless breasts (about one pound)
3 tablespoons butter
1/2 cup chicken broth
1 cup whipping cream
4 ounces pimientos -- chopped
1/2 cup grated parmesan cheese
1/4 cup fresh basil -- minced
1/8 teaspoon pepper

How to Prepare:

Dip breasts in melted butter then in parmesan or crushed pork rinds, cook in skillet on both sides till juices run clear, about ten minutes. Set aside and keep warm. Add broth to skillet, bring to boil, scraping bottom of pan to loosen browned bits. Stir in cream and pimientos; boil and stir one minute.

Reduce heat. Add Parmesan cheese, basil and pepper. Stir till heated through, pour over chicken.

Chicken Florentine Capitan

Serves:4

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 pkg. boneless chicken breast(cut into bite size pieces)
1 cut sliced mushrooms
1 onion (I like vidalia onions)
1 pkg. frozen chopped spinach (thawed and water squeezed out)
8 ounces shredded mozzarella cheese (I use Italian 6 cheese mix)
grated parmesan or romano
garlic powder
salt & pepper, to taste
Italian seasoning (optional)

How to Prepare:

Sautee and season with garlic powder, salt & pepper, chicken & chopped onion in olive oil, until cooked, but not browned. When almost done add mushrooms. Continue sauteeing until mushrooms are tender. Put in 9" x 9" casserole. Cover with spinach, then cover that with mozzarella, sprinkle with grated parmesan. Broil until top is golden brown.

Chicken Devan

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

How to Prepare:

Get a deep casserole dish for cooking in the oven. Cut up some skinless and boneless chicken into chicken tender slices. Place them in the bottom of the dish. Next cut up a broccoli head into smaller broccoli heads. Place a layer of broccoli on top of the chicken. Next take one can of cream of mushroom soup and spread it evenly over the broccoli. Then spread a layer of mozzarella cheese on top of the mushroom soup. Repeat again with another layer of broccoli heads, cream of mushroom soup then cheese. Bake in the oven for 30 minutes at 350 degrees F. You will know that the chicken is done when the cheese on top is brown.

Chicken Cream Cheese Bacon Loaf

Serves:10

CarbsPerServing:14g total

Effort:Easy

Ingredients:

1 pound Bacon
8 ounces Cream Cheese
Chicken tenderloins -- Boneless (amounts will vary)
1 tablespoon Garlic Powder -- (yes Tablespoon trust me)

How to Prepare:

Soften cream cheese in microwave for 45 seconds, mix in garlic powder well. Line loaf pan with bacon stirps, sideways, so ends hang over pan. Pound out chicken tenderloins slightly, place layer of chicken in pan on bacon, spread with entire cream cheese mixture, add another layer of pounded chicken. Fold bacon up around chicken and cream cheese, shaping a loaf. Use remaining bacon on top, and tuck in sides. Bake at 350 for about an hour, done when bacon is crisp. This tastes incredible.

Chicken Cordon Bleu

CarbsPerServing:15g total

Effort:Easy

Ingredients:

4 boneless skinless chicken breast
4 ham slices
4 slices Swiss cheese
Paprika

How to Prepare:

Place chicken breasts between two sheets of waxed paper or plastic wrap. Using meat mallet, pound chicken breasts until very thin (about 1/4" thickness) Place slice of ham, then cheese on each piece. Roll up and secure with toothpicks, or tie with string. Sprinkle with paprika.

Place in glass baking pan and place in a preheated 350* oven for 40-45 min.

Chicken Broccoli Casserole

CarbsPerServing:21g total

Effort:Easy

Ingredients:

1 pound chicken Boiled and deboned. -- (1 to 5)
8 broccoli flowerets
1 cup mayonnaise
1/2 cup sour cream
1/2 cup chicken stock 12 ounces cheddar cheese
3 tablespoons frenchfried onions
3 tablespoons bacon bits
1 1/2 teaspoons curry powder

How to Prepare:

Boil and debone chicken. Boil broccoli and drain. Mix mayo, sour cream, chicken stock and curry powder. Arrange shredded chicken on bottom of casserole dish, then broccoli. Pour mayo mixture over the chicken and the broccoli. Layer cheddar cheese and then onions and bacon. Bake in a 350 degree oven for 25 minutes. Allow to cool for five minutes and then serve.

Chicken Breasts w/Dijon Mushroom Sauce

Serves:4

CarbsPerServing:2.5g

Effort:Easy

Ingredients:

4 boneless chicken breasts
salt and pepper to taste
3 tablespoons butter
1 tablespoon minced garlic 4 ounces mushroom pieces -- do not drain
2 tablespoons dijon mustard
1/4 cup water

How to Prepare:

Season meat. Mix dijon mustard with water. Melt butter in skillet and add garlic. Saute for 30 seconds. Add chicken breast(or other meat)and let cook for 5-6 minutes. Turn, add remaining ingredients to pan and cover. Simmer over low heat for 10 minutes or until meat is cooked through. Remove meat and raise heat. Let sauce reduce slightly -pour over meat to serve.

(can use fish, shrimp, or beef in place of chicken -adjust cooking times)

Lombardi Chicken

Serves:4

CarbsPerServing:6

Effort:Easy

Ingredients:

1 lb. (4-6)skinless, boneless breast
3 to 4 Tablespoons All purpose flour
3 Tablespoons Butter
1 cup sliced fresh Mushrooms
1/2 cup dry Marsala Wine (cooking kind, usually with vinegars)1/3 cup chicken broth
1/3 cup shredded mozzarella
1/2 cup grated Parmesan
1/4 cup thinly sliced green onions

How to Prepare:

Place each piece of chicken breast between two pieces of clear plastic wrap; pound with flat side of meat mallet until 1/8 inch thick. Remove plastic wrap. Coat chicken lightly with flour.

In a 12 inch skillet, melt 1 tablespoon of the butter over medium heat; add half of the chicken pieces. Cook for 2 min. on each side.

Transfer to a 2 quart rectangular baking dish. Repeat with another 1 tablespoon of the butter and remaining chicken pieces; transfer to the dish.

Melt remaining butter in the skillet. Add mushrooms.Cook and stir until tender; add wine, broth, and dash of salt and pepper. Bring to boiling; boil gently until mixture is reduced to 1/2 cup including mushrooms (about 5 min.) Pour over the chicken.

Combine mozzarella and Parmesan cheeses and green onion; sprinkle over the chicken. Bake, uncovered, in 375 oven for 20 min.

Chicken Breasts Stuffed w/Blue Cheese Filling

CarbsPerServing:6g total

Effort:Easy

Ingredients:

Filling:

3 ounces cream cheese

1 ounce crumbled blue cheese
1 ounce butter
1 teaspoon dried basil
For the chicken:
4 boneless skinless chicken breast halves
1 tablespoon mrs dash
1/2 teaspoon garlic powder -- salt, pepper,
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon italian seasoning
4 tablespoons olive oil

How to Prepare:

For filling: Beat ingredients until smooth and place on a piece of plastic wrap. Form into a log about the thickness of a quarter and wrap tightly in plastic. Freeze at least 30 minutes.

In each breast, using a very sharp knife, cut a "pocket" into the flesh almost all the way through the chicken. Rub each breast with the spice mixture and then rub with 1T oil(prevents drying). Preheat the foreman grill. Cook each breast for 4 minutes or until just almost cooked. Remove and let cool a few minutes to be able to handle it. Remove the cheese log from the freezer, remove plastic and cut into 8 equal sized disks. Insert 2 disks into each chicken breast pocket and return to the grill for 3-4 minutes or until chicken is cooked through. Serve immediately (I like this on a bed of fresh spinach).

Chicken Paprika

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

4 boneless chicken breasts
1 can cream of mushroom soup
8 ounces sour cream
paprika
red pepper flakes
olive oil

How to Prepare:

Fry up chicken in olive oil til almost cooked. Add sour cream and soup. Do not add milk to soup. If the sauce seems a bit thick, add a little water. Add paprika and red pepper flakes to taste. Cook until chicken is no longer pink in middle.

Chicken - Bacon Stir Fry

CarbsPerServing:6g total
Effort:Easy

Ingredients:

1 large chicken breast
1/2 pound bacon
1/3 cup onion
1/4 cup mushroom -- canned or fresh, chopped
Soy sauce

How to Prepare:

Cut bacon and chicken into bite sized pieces. Fry bacon until not quite crisp (do not drain). Add chicken and other ingredients and stir fry until chicken is browned and cooked through and veggies are done. Add soy sauce to taste. You can add other veggies, too, just count the carbs.

Chicken Breasts with Rosemary, Lemon & Garlic

CarbsPerServing:5g total
Effort:Easy

Ingredients:

2 boneless skinless chicken breast
1/2 lemon
2 cloves garlic -- crushed
1 sprig fresh rosemary
2 tablespoons olive oil
sprinkling of salt and pepper
sprinkling of Italian Seasonings

How to Prepare:

Using a sharp knife, butterfly each breast. Put each breast between plastic wrap and pound with a mallet till thin. Loosen the rosemary from the sprig and chop coarsely. Season the breasts with salt, pepper, Italian Seasonings, rosemary and the crushed garlic. Let them marinate while you prepare the vegetables for the saute. When you start the veggies, heat the oil in a large skillet and gently place the chicken breasts over med-high heat to brown. After you turn them, squeeze lemon juice over.

Served alongside Sauteed Broccoli, Mushrooms and Zucchini - recipe found in the Veggies Category.

NOTES : Counts for Italian Seasonings not included in totals.

Chicken Marsala

CarbsPerServing:20g total

Effort:Easy

Ingredients:

2 cooked chicken breast halves -- (2 to 3) cubed
2 cups heavy whipping cream
1/4 cup chicken broth
3 ounces Marsala Wine
2 tablespoons butter2 tablespoons olive oil
2 cloves garlic -- thinly sliced, optional
4 mushroom -- sliced, optional
1/2 teaspoon nutmeg

How to Prepare:

Cook chicken until desired tenderness in some olive oil (keep in mind that the chicken will continue to cook a little bit after the sauce has been added. Add mushrooms, thinly sliced garlic and nutmeg. Cook until garlic and mushrooms just begin to soften.

Add marsala wine. Leave in for about three seconds and then add chicken broth and simmer for about 2 minutes.

Stir in cream and simmer until reduced to desired thickness.

Presto! Chicken Marsala. YUM!

You can play around with the chicken broth to cream ratio to find out which way you like your sauce. Be careful with the Marsala wine, though, because it's 3 grams of carbs per ounce.

chicken bullseyes

Serves:4

CarbsPerServing:0 per piece (depending on cheese and ham used)

Prep Time:1/2 hour

Effort:Average

Ingredients:

4 boneless chicken breast's
4 slices hormel ham sliced thick at deli
4 slices american cheesetoothpicks

How to Prepare:

pound chicken with meat tenderizer. place 1 slice of ham and cheese in center of each piece of chicken.Roll chicken end to end flip on side and stick with toothpick to hold.(they will look like a bullseye if rolled correctly). bake @ 350 for 35-40 min.

BREADS AND PASTRIES

chocolate chip muffins

Serves:24

CarbsPerServing:3.6 g each, excluding choc chips as counts vary by brand

Prep Time:10 minutes

Effort:Easy

Ingredients:

12 oz box Atkins Brownie mix
3/4 cup oil
3 eggs1 1/2 cups water
1 cup Atkins Pancake Mix
1/2 cup sugar free choc chips

How to Prepare:

Beat together eggs, oil, water. Add brownie mix, beat on low for 1 minute. Add pancake mix, beat on medium for 2 minutes. Add chocolate chips and mix well. Divide into 24 paper lined muffin cups. Bake at 400 for 25-30 minutes. Tastes better than Atkins Choc Choc chip muffins and makes twice as many!

High-rise... Lo-carb Bread

CarbsPerServing:84 total

Effort:Average

Ingredients:

1 1/8 cups water – warm
3 Tbsps olive oil
1 teaspoon salt
3/4 cup wheat gluten flour
1/4 cup oat flour
1/4 cup flax seed meal
1/4 cup wheat bran
1 cup soy flour
1 Tbsp artificial sweetener

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1 teaspoon sugar
1 package quick dry yeast

How to Prepare:

IMPORTANT: This is a SINGLE RISE bread.

You can knead the dough by hand (about 10 minutes) or..

place the ingredients (in the same order as listed above) in a bread machine.

In the bread machine:

Set to Dough setting and stop it after the kneading cycle is completed. Do not let it rise in the breadmachine.

Remove dough and place in a long narrow oiled bread pan (15x8x2 1/2); or two 8x4x2 1/2;), roll it over.

Cover with a clean light cloth and let rise for about an hour or until at least double, or triple in size.

DO NOT PUNCH DOWN.. (single rise only).

Bake in preheated 375o oven for 40- 45 min

Awesome Mover Muffin

Serves:8 muffins

CarbsPerServing:5 carbs each

Prep Time:5 min

Effort:Easy

Ingredients:

1 scoop choc protein powder

1/4 c oat bran

1 c bran

1/2 c cream1 large egg

1/2 c Splenda

1 tsp vanilla extract

How to Prepare:

Combine all ingredients. Makes 8 muffins. Bake about 15 minutes.

These are short but so tasty, better than a real muffin.

Strawberry Whipped Cream Crepes

Serves:6,10

CarbsPerServing:Total 4.68 Fiber 1.27 Atkins 3.41

Prep Time:10 minutes

Effort:Easy

Ingredients:

Crepes:

2 eggs

1/3 cup heavy cream

1/3 cup water

2 Tbsp. butter, melted

1/4 tsp. salt

1 dropper stevia extract

3 Tbsp. soy protein powderCream:

1/2 cup heavy cream (or more if you like lots of cream!)

1/2-1 tsp. vanilla

1/2-1 dropper stevia extract

1 1/2 cups strawberries, sliced

How to Prepare:

To make cream: beat cream until stiff, add vanilla and stevia to taste.

To make crepes: whisk together

eggs, cream, water, butter, salt, and stevia until well-mixed. Add protein powder and whisk until smooth.

Heat frying pan to medium hot, melt a little butter in pan, and pour in 1/6 of crepe batter, tilting pan this way and that so that batter spreads out. Cook until top is dry and full of air holes, then turn and cook

briefly on second side. Remove to plate and set aside while cook remaining crepes.

To assemble: Place crepe on plate with good side down. Spread with cream. Top with 1/4 cup

strawberries, and fold top of crepe over cream and strawberries. Top crepe with dollop of whipped cream

and slice of strawberry.

Pizza Crust - Finally a Winner !!!!

Serves:1 large pizza pan/ 8 slices approx,10

CarbsPerServing:whole pizza crust only - under 10 carbs

Prep Time:20 minutes

Effort:Easy

Ingredients:

1 1/2 c.vanilla

protein powder

1/2 c. soy flour

2 envelopes dry italian salad
dressing (most are 1 c)
like good seasons etc...

2 envelopes sweetener
1 c. water
1/3 c. olive oil
3 T. heavy cream (3 c)
1 egg (1 c)
1 T basil
1 t cayenne powder
1 T salt
pepper to taste

How to Prepare:
in food processor, add flour,
protein powder, italian seasoning pckgs, salt and pepper, sweetener
and spices. pulse then add water, olive oil, cream, and egg.
chill dough slightly, and i roll it out under plastic wrap to avoid
sticking...
place on oiled pizza pan, and
continue to press out even thinner.... 400 degrees 10-15 minutes...
do not overcook!
note after sampling many
pizza crust recipes for low carb. i find the addition of the dry
salad dressing a nice
change.. it virtually eliminates any unpleasant soy
flavour... top with low-carb
pizza sauce, pepperoni, mushrooms and mozerella and or other
low-carb toppings and rebake till cheese melts.

I Can't Believe It's Low Carb Cornbread

Serves:9,10,10
CarbsPerServing:6.77grams
Prep Time:5minutes plus 25 minutes baking
Effort:Easy

Ingredients:

1/2 cup yellow (SR) corn meal
1/4 cup soy flour (will not taste it in the bread)
1/3 cup Keto or Atkins Pancake /Waffle Mix
1/2 teaspoon baking powder
1/4 teaspoon salt2 packs of Splenda(optional)
3/4 cup grated parmesan cheese(the canned type)
1/2 cup heavy cream
1 cup of water
1 large egg
1/4 cup vegetable oil

How to Prepare:
Preheat oven to 375 degrees. Mix cream and water to make one and a
half cups. Add dry ingredients together. Add egg, oil and cream.
Beat until well incorporated. Pour into a well greased 9x9 square pan.
This is the size I used. Guess you could use muffin tins just be
sure to divide total carbs by number of muffins made. Bake for about
20-25 minutes or until toothpick inserted comes out clean. Less
baking time is required for muffins-maybe about 15-20 minutes. This
is so good.

Cheese Bread(and it's great!)

Serves:n/a, CarbsPerServing:1 carb per piece
Prep Time:Less than 20 minutes
Effort:Easy

Ingredients:

1 c. soy flour
1 teaspoon baking powder
1/2 teaspoon salt1 1/2 cups shredded cheddar(sharp is best)
1 slightly beaten egg
1/4 cup cream

How to Prepare:
Sift dry ingredients. Stir in cheese. Combine egg with cream and add
to dry ingredients. Mix very well.

Roll to 8x8 square and cut in 1" cubes. Place on greased baking
sheet and sprinkle lightly with salt. Bake at 350 degrees for 10
minutes.

Bottoms will be crunchy, tops lightly golden.

These are surprisingly good. I cut them in half and buttered them.
Yum!

Might also work for pizza crust if you spread the dough in a pan and

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bake it first. It's too soggy if you pile everything on the 'raw' dough.

But the bread cubes are terrific. If there's a soy taste it's pretty minimal!

Almond Breakfast Bread Pudding

Serves:2,1

CarbsPerServing:Per serving: 419 Calories (kcal); 41g Total Fat; (82% calories from fat); 10g Protein; 9g Carbohydrate; 4g fiber; 165mg Cholesterol; 159mg Sodium
Prep Time:quick!
Effort:Easy

Ingredients:

2 ounces almonds -- ground
1 large egg -- slightly beaten
1 tablespoon flax seed meal
2 tablespoons butter -- melted
4 tablespoons heavy cream
2 each splenda packets
1 dash cinnamon

How to Prepare:

Mix almonds, flax, egg, 1T butter, 2T cream, cinnamon to taste and 1 packet splenda until it makes a paste.
Pour into a small, microwave safe bowl and microwave for approx 1 minute and 20 seconds(1100 watt oven)or until the center puffs up.
Remove and immediately top with remaining butter, cream, splenda and cinnamon to taste.
*note using 1/2 & 1/2 instead of cream reduces calories to 356 and does not change carb count.

Yummy Chocolate Pancakes

Serves:Depends on how big you make your pancakes, I made 3 medium sized ones.
CarbsPerServing:7 carbs
Prep Time:15 minutes
Effort:Easy

Ingredients:

1 egg (.6 carb)
1 packet Splenda (1 carb)
1 scoop Atkins Bake Mix (3 carb)1 scoop Atkins Chocolate Shake Mix (1 carb)
1 Cup Water
2 Oz Cream Cheese (1.4 carb)

How to Prepare:

Combine all ingredients (I used hand blender) till well mixed. Cook like traditional pancakes.

Cream Puffs without filling

Serves:1,10,10,1
CarbsPerServing:0
Prep Time:1 hour
Effort:Easy

Ingredients:

- 1/4 cup butter
- 1/2 cup water
- dash salt
- dash baking soda
- 1/2 cup soy protein powder
- 2 eggs

How to Prepare:

Makes 12 to 15 puffs.

Preheat oven 375 degrees.

Generously grease cookie sheet.

In 2 qt. saucepan, melt butter and water, add salt, bring to boil. Add protein powder and baking soda. Place on heat till it forms a hard sticky ball. Add eggs. Mix with mixer on high 5 - 10 minutes. Drop 1 1/2" drops on greased cookie sheet. Bake at 375 for 35 to 45 minutes.

(Convection oven is best)
Let cool, remove from pan.

Serve as a roll, or stuff with meat salad, or stuff with artificially sweetened whipped cream, or artificially sweetened and flavored cream cheese, or even pudding, and if you want, top with some artificially sweetened sauce.
(My favorite is to serve with roast beef, replacing Yorkshire pudding, To Die For!!!!)

Mock Danish 2

Serves:7,3,1,8,9
CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

3 ounces cream cheese
1 egg2 tablespoons splenda --
or sugar free davinci syrup,
any flavor

How to Prepare:

any desired flavorings
(cinnamon, vanilla,
pumpkin pie spice, lemon
juice, etc.
A good combination is 1 tsp
of lemon juice and 1tsp
vanilla).

Microwave cream cheese to
soften, then mix all
ingredients with a mixer
until smooth. Microwave
mixture until firm at the
outside and soft/runny in
the middle (1:20 at 80%
power in my microwave).

I sometimes stir in 1/4 cup
of frozen blueberries right
before I microwave it.

(Note - I certainly didn't
invent this, but newbies ask
about it frequently, so it
ought to be here. This the
version I make, but many
people tweak the ratio of
cream cheese to eggs up
or down).

Easy Doughnuggets

CarbsPerServing:13g carbs total
Effort:Easy

Ingredients:

1 cup protein powder --
vanilla
1/2 cup atkins Bake Mix
3 each splenda packets
3/4 cup water
1 large egg2 teaspoons vanilla extract
4 tablespoons ricotta
cheese
1/2 teaspoon ground
cinnamon
1 each oil for frying

How to Prepare:

Beat the egg and add the
ricotta, cinnamon and
splenda. Mix into the dry
ingredients to make a
rough dough(not runny, not
cookie dough thick - in
between). Heat 1" of oil in a
non-stick skillet until hot,
but not smoking. Pinch off
about 2T of the dough and

pat into rounds that are about 1" thick and the size of a small egg. Gently place into oil and fry on one side until golden brown (about 3 minutes) carefully turn and cook another 4-5 minutes on the other side. Remove to paper towels to drain briefly. Eat as is or make a mixture of splenda and cinnamon and shake the still warm nuggets in it to coat or make a glaze with cream cheese, splenda and cream and ice them. These are >1g carbs each without the protein powder counts and based on 16 doughnuggets per recipe - adjust and add in according to the powder you use and number of doughnuggets you get from it!

Yield: 16 nuggets

Creame Puffs

CarbsPerServing:10g carbs total
Effort:Easy

Ingredients:

Atkins Diet Revolution Roll
3 eggs -- separated
1/4 teaspoon cream of tartar
3 tablespoons cottage cheese
3 packages artificial sweetener
Filling
1/2 cup heavy cream
2 packages artificial sweetener
1 teaspoon cocoa powder

How to Prepare:

Atkins Diet Revolution Roll :

Preheat oven to 300 degrees.
Separate eggs. Beat the whites with the cream of tartar till stiff peaks form. You can check this by inverting the bowl and if the whites don't slip, it's ready.
In a small bowl stir together the rest of the ingredients.
Fold carefully into the whites using a rubber spatula.
Spray Pam on a nonstick cookie sheet. Place the mixture carefull onto the cookie sheet, gently mounding one tbspc. full on top of the other until each "roll" is about 2 inches high. Repeat this until you have 6 piles.
Bake for one hour. Cool.

Filling:

Whip the cream till frothy and add splenda and cocoa. This will be enough filling for about 24 puffs.
Carefully cut a roll in half and spread with the cream mixture.
You'll feel like you're in heaven! and not on a diet at

all.

Cream Cheese Pastry

Serves:5

CarbsPerServing:21g carbs total

Effort:Easy

Ingredients:

Pastry:

3 eggs -- room temp -
reserve 1/2 yolk for filling
1/4 teaspoon cream of
tartar
1/4 cup artificial sweetener
-- heat stable like splenda
1 teaspoon cinnamon
3 tablespoons ricotta
cheeseFilling:
4 ounces cream cheese
1/2 egg yolk reserved from
Pastry
1/4 cup artificial sweetener
1/4 teaspoon vanilla

How to Prepare:

Pastry: Separate eggs
carefully, reserving 1/2 yolk
for the filling.
Whip whites till very stiff with
cream of tartar.
Mix the remaining yolks,
cinnamon, cheese and
sweetener until smooth.
Fold yolk mixture into
beaten whites and portion
into 6 mounds on a
buttered cookiesheet, make
make an indentation in the
top of each roll to hold
filling.

Filling: Microwave cream
cheese until soft enough to
stir into a smooth pasty
consistency.
Add remaining ingredients
to cream cheese and stir
until smooth. Fill each roll
on the cookie sheet with
filling.
Bake 40 minutes in a 300
degree oven. Bake until
golden

You'll Never Need Another Bread Recipe

Serves:10,-----Select-----,2,10,5,9,3,10

CarbsPerServing:13g carbs total

Effort:Easy

Ingredients:

1 cup 100% soy protein
isolate (0)
2 teaspoons baking powder
6 large eggs
2 tablespoons oil 4 tablespoons water
4 tablespoons coconut milk
-- or heavy cream
4 splenda packets
1 teaspoon cinnamon -- or
herb of choice

How to Prepare:

Splenda and cinnamon are
the two ingredients you can
mess around with
depending on the flavor you
want. I added spike
seasoning to mine instead
of the cinnamon, but kept
the Splenda (like sweet

herb bread).

Preheat oven to 350 and
spray a loaf pan with
non-stick spray. Mix all
ingredients until smooth.
Pour into loaf pan and bake
about 15-20 minutes or
until middle tests done.
Cool 5 min in pan. Then
remove from pan and finish
cooling.

NOTES : Counts for soy
protein isolate not included
in totals.

Whole Wheat and Seed Bread (bread machine-Sugar Busters!)

Serves:1
CarbsPerServing:214g carbs total
Effort:Easy

Ingredients:

2 cups whole wheat flour
1/2 cup unprocessed wheat
bran
1/4 cup flax seeds -- roughly
ground -just enough to
break the hulls
2 tablespoons sunflower
seeds
1 tablespoon pumpkin
seeds, roasted1/2 teaspoon salt
1 package yeast -- rapid
rise
1/2 teaspoon Sweet 'n Low-
sweetener
2 tablespoons olive oil
1 1/4 cups warm water

How to Prepare:

Place ingredients in
machine in order
recommended by
manufacturer. Hold out flax,
pumpkin and sunflower
seeds until almost the end
of the kneading/mixing
cycle.
Add those in when there are
2 minutes left for mixing
before the first rise. Bake on
small loaf/medium white
crust setting.

Unbelievable French Toast

Serves:8,10,10,10,10,10,10,10,10,10,8,9,9,10
CarbsPerServing:6g carbs total
Effort:Easy

Ingredients:

1/2 a 3-oz bag
UNFLAVORED pork rinds
2 eggs
1/4 cup heavy cream3 splenda packets
1/2 teaspoon cinnamon
1/2 teaspoon vanilla

How to Prepare:

Crumble pork rinds until the
resemble fine bread
crumbs.

Beat eggs well then mix
with the remaining
ingredients and beat again.
Add crushed pork rinds to
the egg/cream mixture and
allow to sit for 5 minutes.
Mix will thicken to a "gloppy"
phase.

Meanwhile, heat skillet or
griddle with butter or oil,
and when hot, fry pancakes
until golden brown on both

sides. Serve with lots of butter and low-carb syrup.

If you don't tell someone who eats them, they will never have a CLUE that these delicious french toast pancakes are made with pork rinds. THESE ARE UNBELIEVABLE!! You WILL be surprised at how delicious these are!

Tortillas (flat bread)

Serves:8,8

CarbsPerServing:3g carbs total

Effort:Easy

Ingredients:

1 egg -- beaten
2 tablespoon regular pork rinds ~ crushed very fine -- (2 to 3)
1 tablespoon heavy cream -- I used half and half
1 tablespoon water1 1/2 cups shredded cheddar cheese -- (1.5 to 2)
Mrs. Dash to season (I use both garlic -- and Tomato and Basil)
and herb

How to Prepare:

Mix all ingredients well, and let set approximately 5 minutes to thicken. Heat griddle. No butter or oil is needed. Spoon a big dollop onto griddle, and spread out evenly and thin, then sprinkle with Mrs. Dash, or your choice of seasonings. Brown well on each side. These make wonderful soft shells for taco or quesadillas.
NOTES : Counts for pork rinds and Mrs. dash not included in totals.

Sticky Nut Buns

Serves:12

CarbsPerServing:4.2g

Effort:Easy

Ingredients:

3 tablespoons butter
4 tablespoons ricotta cheese
4 tablespoons cream cheese
2 eggs
1/4 cup almonds -- ground into 1/2 cup almond flour
1/2 cup atkins bake mix
1/2 cup protein powder -- plain
1/2 cup vanilla protein powder
1/2 cup artificial sweetener1 tablespoon baking powder
1 tablespoon cinnamon
1 tablespoon vanilla
1 cup water (start w/3/4 cup and see how much -- (more or less) you need)
2 tablespoons artificial sweetener -- 1/4 cup chopped
** Base:
1/4 cup pecans
12 thin pats butter

How to Prepare:
Preheat oven to 350f.
Spray a muffin tin w/cooking
spray. Place 1 pat of butter
in each, followed
by equal amounts of the
**Base Splenda and
pecans.
IN a large bowl, cream the
butter, cream cheese and
ricotta well. Add eggs
and blend again. Add
splenda and beta again.
Add remaining ingredients
and beat well. This should
be a very thick pancake
type batter.
Spoon into prepared muffin
tin and bake at 350 for
approx 40 minutes or
until nicely browned on top.
**These don't get that gooey
butter/sugar run off that you
get with
traditional sugar. You might
even be able to skip the
splenda in the tins:)

Makes 12
NOTES : Counts for Vanilla
Protein Powder not
included - adjust
accordingly

Sausage and cheese muffins

CarbsPerServing:26g carbs total
Effort:Easy

Ingredients:

1 pound sausage
6 eggs -- separated
1 cup atkins bake mix
1 teaspoon salt 1/2 cup mayonnaise
1/2 cup sour cream
4 ounces shredded
cheddar cheese -- or
cheese of choice

How to Prepare:
Pre-heat oven to 375. Pam
spray muffin tin.(you can
use papers, but I hate
the way they stick to
muffin!!)

Crumble and cook
sausage, drain. Separate 6
eggs. Beat yolks, add 1 c
Bake
mix, salt, mayo. sour cream,
and cheese. Blend with a
spoon. Add sausage.

Whip egg whites untill stiff.
Gently fold whites into
batter. Mix carefully
(so as not to break down
whites completely) Spoon
into muffin tins and bake for
about 30 mins.

Quick Bacon Bread

Serves:7
CarbsPerServing:42g carbs total
Effort:Easy

Ingredients:

2/3 cup soy flour
1/2 cup protein powder
2 large eggs
1 teaspoon baking powder 1/2 cup heavy cream
1/4 cup club soda
1 teaspoon artificial
sweetener
1/2 cup bacon bits

How to Prepare:
Mix ingredients thoroughly.

Pour into sprayed loaf pan.
Bake at 375
degrees for 25 min. This
bread is very light and
moist. Enjoy!

Original Atkins Rolls

Serves:10

CarbsPerServing:4g carbs total

Effort:Easy

Ingredients:

4 eggs -- room temp
1/4 cup ricotta cheese 1/4 teaspoon cream of
tartar
parmesan cheese -- little or
a lot - whatever

How to Prepare:

Set oven to 300
Separate CAREFULLY your
eggs.
Beat your whites until stiff
peaks form, add cream of
tartar, keep beating till really
stiff.
Mix yolks, and cheeses
together, add a little of your
white to the yolk mixture .
Slowly fold in your yolk
mixture, trying not to break
the whites down, streaky is
okay.
Pour in 6 globs on a greasy
cookie sheet or in a
greased muffin top pan.
Bake for 35-40
Great as a sandwich
holder, weird alone
I use two of these for a
burger instead of slicing in
half, I just can't get good
volume.

Modified Basic Protein Bread

Serves:1

CarbsPerServing:21g carbs total

Effort:Easy

Ingredients:

3 eggs -- separated
2 tablespoons sour cream
2 tablespoons butter --
melted 1/2 cup soy flour
1 tablespoon baking
powder

How to Prepare:

Preheat oven to 350. Butter a
glass loaf pan (Glass is
the best, I have
tried the other kind but they
don't work as good)
Measure out Soy Flour and
baking powder. Stir good
with wire whisk. Set
aside. Put your egg whites
in a separate bowl from
yolks.
Mix the yolks, sour
cream, and melted butter
and beat real good. (Make
sure
butter is not too hot when you
pour in egg and sour
cream).
Beat your egg whites until
stiff but not dry. Add egg yolk
mixture and dry
mixture and beat till just
mixed good, scraping
sides of bowl. Pour into

bread pan. Bake at 350
Degrees, for 20 to 25
minutes. This bread does
not rise to
much if any. I usually triple
the recipe and put in 3 pans
and freeze 2
and keep the other in refrig.
Eat with lots of real good
butter.
Note: I only eat this with my
breakfast except
sometimes I have a piece
with
dinner. I just don't like eggs
with out bread. This taste
like corn bread
to me.

Keto Potato Bread

CarbsPerServing:3.5g per slice
Effort:Easy

Ingredients:

8" loaf pan
cup of butter or Betta Butta
1 up of water 2 tbsp of half-n-half or heavy
cream
1 Keto Bread Mix
1 Keto Ketato Mix

How to Prepare:

Directions: Preheat oven to
350. Grease loaf pan. Mix 1
can of Keto Bread mix with
6 heaping tablespoons of
Keto
Ketato Mix. Combine water,
butter and cream and mix
with dry ingredients
thoroughly and quickly as
excessive mixing
will reduce rising effect.
Pour into loaf pan and bake
for 30-35 minutes until
golden brown.

Keto Pizza Crust

CarbsPerServing:6g carbs per slice
Effort:Easy

Ingredients:

Standard 12 * pizza pan
Shredded whole milk
mozzarella cheese
cup water stick butter
can of Keto Bread Mix (1
cup)
1 cup tomato sauce

How to Prepare:

Directions: Preheat oven to
350. Place 1 cup of Keto
Bread mix in a bowl. Melt *
stick of butter and add in
with *
cup of water. Mix
ingredients well to a paste.
Grease pizza pan and add
mix, spreading with a
spoon to the outer
edge. (spreading is quite
easy as you can make the
edges thicker to simulate
crust) Cook for 15 minutes
until
slightly brown. Remove
from oven and add tomato
sauce and cheese. Bake
until cheese is melted and
crust is golden
brown. Cut into 8 slices.
Enjoy!

Ketogenics Bread Cubes

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

ketogenics bread mixno other ingredients

How to Prepare:

Again with the ketogenics
low carb bread mix.
(this stuff is great!!)
Follow instructions on
bag, but set machine
on DOUGH setting.
When cycle finishes,
remove doughand roll
out onto wax paper,
sprinkled lightly with
soy flour. Roll out into a
pretty flat roll (like pizza
dough) cutinto strips
(About 1 1/2 to 2
inches). Place on a
sprayed cookie sheet,
brush with melted
butter or olive oil, and
bake at 400 until
golden (about 15-20
minutes). Let bread
cool. Cut cooled bread
into 1/2 inch cubes,
enough for 10 cups of
bread cubes. Place on
cookie sheetand bake
at 325 for 20 minutes
or until toasted. Set
aside. **You can
bake the bread in the
machine as per
instructions, but the
texture comes out
MUCHbetter if done as
above.

KETO CINNAMON BREAD

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

8 inch loaf pan
1 Keto Bread Mix
1 * cup water
cup of butter or betta butta4 tsps of cinnamon
1 tbsp vanilla extract
6 packets of splenda brand
sweetner or 6 tsps
splenda granular

How to Prepare:

Directions: Preheat oven to
350. Grease loaf pan. Mix 1
can of Keto Bread mix with
splenda, and cinnamon.
Combine
water, butter and vanilla
extract and mix with dry
ingredients thoroughly and
quickly as excessive mixing
will
reduce rising effect. Pour
into loaf pan and bake for
30-35 minutes until golden
brown.

HUSH PUPPIES

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

3 Tablespoons Keto Ketato
Mix (2 gms carbs)
1/2 ounce Hot water
1 1/2 Tablespoons Heavy
Cream
2 shakes garlic powder1 shake onion powder
1 teaspoon parmesan
cheese
salt and pepper
Oil for frying

How to Prepare:

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Combine all ingredients well. Mixture will be heavy like cookie dough. Heat oil for frying. Form into small (1/2" - 3/4") balls and drop into hot oil - a few at a time. Only takes about 20 seconds to cook. Remove with slotted spoon and drain. Enjoy!

Fluffy Cinnamon Muffins

Serves:10,8
CarbsPerServing:14g carbs total
Effort:Easy

Ingredients:

4 eggs
1/2 teaspoon cream of tartar
1/4 cup cottage cheese
2 tablespoons soy flour -- or
atkins bake mix, both work
1 tablespoon artificial
sweetener1/2 teaspoon cinnamon
1 tablespoon artificial
sweetener
1/2 teaspoon cinnamon
4 tablespoons butter --
softened

How to Prepare:

Spray a muffin tin with cooking spray. Preheat oven to 300. Beat egg whites with cream of tartar until stiff. Set aside. Mix cottage cheese, egg yolks, 1T splenda and 1/2tsp cinnamon until well blended (can use blender if desired). Add soy flour / baking mix & blend well. Gently fold into egg whites and spoon into muffin tins makes 8-10. Bake at 300f until lightly browned and springs back when touched -about 25 minutes.

Mix butter, splenda and cinnamon well. When muffins are done and cooled slightly, spread the butter mixture over each one. You could make a cream cheese frosting (cream cheese, splenda, vanilla and some cream -beaten well) and bake this in a small loaf pan (4x8?) and have a cinnamon coffee cake out of it:)

CRACKERS

CarbsPerServing:52g carbs total
Effort:Easy

Ingredients:

1/2 cup protein powder
1/2 cup soy flour
1/4 cup flax seed -- (already
ground)
1/4 cup sesame seeds --
(already ground)
1/2 cup sesame seeds --
whole
1 teaspoon salt1/2 teaspoon baking
powder
1/4 cup butter
1/4 cup half and half
water -- a little less than 1/4
cup
1 egg

How to Prepare:

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Mix the dry ingredients in a bowl, cut in butter 'til mixture is crumbly.
Add half&half and egg and mix to make a stiff dough, adding water as needed.
Goal here is to make it pliable but not too sticky.

Knead dough and then roll out very thin (between 1/8"-1/4"). Cut into squares or rounds and place on lightly greased cookie sheets.
Prick crackers with fork and bake at 400 degrees for 10 minutes or until lightly browned.

This made 48 2" round crackers

Cauliflower and cheese

Serves:6

CarbsPerServing:Per Serving: 288 Calories; 26g Fat (79.0% calories from fat); 9g Protein; 7g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 934mg Sodium.
Prep Time:30 minutes
Effort:Easy

Ingredients:

1 large cauliflower, head
1 cup heavy cream
3 ounces cream cheese -- diced small
1 cup shredded cheddar cheese
2 teaspoons dijon mustard
1 each salt and pepper -- to taste

How to Prepare:

Clean cauliflower and chop into small pieces. Boil in salted water for 5 minutes or until it starts to soften. Drain very well without mashing.

Heat cream in a small non-stick saucepan. Once the cream starts to simmer slightly, whisk in mustard and small diced cream cheese. Whisk until cheese melts, then whisk in the cheddar, salt and

pepper.

Once it's melted and thickened, toss with the cauliflower, spoon into a microwave safe casserole and microwave on high, uncovered, for 3-4 minutes until bubbly and the cauliflower is tender. Serve immediately.

Mashed Turnips with Boursin

Serves:2 portions

CarbsPerServing:about 3
Prep Time:about 10 min.
Effort:Easy

Ingredients:

Turnip, cubed 1 each
Olive Oil 1 tsp
Salt & Pepper to tasteButter 1 Tbsp
Devon Cream (optional) 1 Tsp
Boursin (garlic spread) 1 Tbsp

How to Prepare:

1. Bring water, olive oil, and salt to a boil. Add turnips and boil until they can be pierced by a knife.
2. Drain off as much water as possible, put turnips back in pot over medium heat, and carefully cook to evaporate water.
3. Add butter, cream, and boursin and mash well. You will notice the turnip is watery, but if you evaporated it well, it shouldn't be too much so that it makes the mashed turnips watery.
4. Season with as much salt and pepper as you like and serve. The better it is seasoned, the better it tastes, so don't skimp.

Turnips and Onions

CarbsPerServing:unknown
Effort:Easy

Ingredients:

5 turnips peeled and sliced thin
1/4 white onion sliced thin
3/4 stick (6T) butter, melted3/4 c heavy cream
3/4 c chicken broth
1/8 t nutmeg
1/8 t sage
1/8 t garlic powder
1 t salt
1/4 t pepper

How to Prepare:

Toss turnips, onion and butter in a 9x13 pan, cover with foil and bake 30 mins at 375. Heat thoroughly on stove remaining ingredients. Pour over turnips/onions, toss to coat. Sprinkle with 1 c shredded cheddar cheese. Cover with Foil, return to oven for 30 min, Uncover add another cup of shredded cheddar cheese and bake uncovered for 20 mins til brown and crusty.

Brussel Sprouts w/ Bacon, Shallots & Garlic

Serves: 3 portions, 9
CarbsPerServing: about 6.2
Prep Time: about 20 min.
Effort: Easy

Ingredients:

Brussel Sprouts 12 each
Olive Oil 1 Tsp
Bacon, chopped 4 slices
Shallots, chopped 1 Tbsp
Garlic, minced 2 cloves
Butter 1 Tbsp
Salt and Pepper to taste

How to Prepare:

1. Fill a medium-sized pot with water and salt and bring to a boil over high heat.
2. While water comes to a boil, put bacon and olive oil in a medium saute pan and slowly render until slightly crisp.
3. Meanwhile, remove any loose leaves from sprouts, trim ends, and score an X on the bottoms. Blanch in boiling water for 2-4 minutes (depending on size) until they can be pierced with a knife without much resistance.
5. Prepare a bowl with ice and cold water. Remove blanched sprouts from boiling water and put in ice bath to stop cooking (1-2 min.). Drain and cut into quarters. Set aside.
6. Add shallots and garlic to bacon. Continue cooking over low heat until softened, 4-5 min.
7. Raise the heat to medium and add brussel sprouts and stir well. Cook for about 5 minutes. Be careful not to overcook.
8. Season with salt & pepper and serve.

Roasted Rosemary Veggies

Effort: Easy

Ingredients:

Yellow Squash
Red Bell Pepper
Sliced Mushrooms
Chopped Broccoli stalks
Olive oil
Dried Rosemary
black pepper
salt

How to Prepare:

Slice all veggies and place in pan. Coat with olive oil and seasonings and stir. Roast in oven at 450 degrees for 30 minutes.

zucchini stew

Serves: 4
Prep Time: 15 prep 2hrs cook time
Effort: Easy

Ingredients:

6 small zucchini sliced
1/2 # bacon cut in pieces
1 small onion chopped
1 tsp. celery seed
salt and pepper to taste

1 tbl worstershire sauce
couple dashes of hot sauce tabasco
1 can of tomatoes with the juice
1 small can of v-8 juice

How to Prepare:

in a large sauce pan brown bacon and onion. Bacon should start to render but not be fully cooked. Do not drain fat. Add tomatoes with juice then add all other ingredients and cook on low heat for about two hours. Enjoy

Lo-Carb Spinach Souffle

Serves: 6, 10, 7, 10
CarbsPerServing: 3.5g each serving
Prep Time: 15 minutes
Effort: Easy

Ingredients:

1 16-oz pkg frozen spinach (cooked & squeeze-drained)
1/2 c. sour cream
1 egg
1 c. shredded parmesan cheese
1 clove garlic (minced)
salt & pepper
cayenne pepper (if preferred)

How to Prepare:

Boil spinach according to directions on package. Drain and squeeze spinach well. In large bowl, add spinach, sour cream, egg, garlic, 1/2 c. of the cheese, and salt and pepper. Place in 9x13 glass dish and top with remaining cheese. Bake at 350 degrees for 25-30 minutes. Let cool 10 minutes before serving. Great with any meat entree' or served alone.

Spinach Alfredo

Serves: Nutritional info for entire recipe

CarbsPerServing: 677 Calories (kcal); 57g Total Fat; (71% calories from fat); 24g Protein; 28g Carbohydrate; 14g fiber; 132mg Cholesterol; 5429mg Sodium
Prep Time: 15 minutes
Effort: Easy

Ingredients:

16 ounces frozen spinach -- thaw and squeeze as much water out as possible.
1 tablespoon olive oil
1 clove garlic -- minced fine
1/2 cup alfredo sauce -- bottled 2 ounces cream cheese -- diced small
1 each salt and pepper
1 dash nutmeg

How to Prepare:

Heat oil and garlic in a pan. Add spinach and saute, stirring often, for about 6 minutes. Add the alfredo sauce and cream cheese, stir well then cover. Let cook over very low heat for 5 minutes until it's heated through. Add a dash of nutmeg, then salt and pepper to taste.

Red Swiss Chard with Bacon

Serves: 3 or 4

CarbsPerServing: Don't know
Prep Time: 20 - 30 minutes
Effort: Easy

Ingredients:

10 or so stalks of red Swiss chard
1 small onion
1 tsp balsamic vinegar
3 or 4 slices of bacon
black pepper to taste

How to Prepare:

Chop the bacon into small pieces and render in a skillet over low heat. When nearly crisp add diced onion and black pepper. Gather and chop the chard stalks into 1/2" long pieces and the leaves into 1/2" wide strips. When the onion is translucent add chard. Cook the chard until tender stirring several times. Add vinegar and toss. Serve hot.

mock potato casserole

Serves: 2 to

CarbsPerServing: ?
Prep Time: 20 min
Effort: Easy

Ingredients:

16oz frozen cauliflower
2tbs butter
4 oz cream cheese
1lb bacon cooked and crumbled
8 oz shredded cheddar
thing of green onions chopped?

How to Prepare:

steam or boil cauliflower until totally tender. mash and add butter and cream cheese. add remaining ingredients, and place in a casserole dish and bake at 350 degrees for about 30-45 min until bubbly.

Free Baby Corn

Serves: 3

CarbsPerServing: 0
Prep Time: open can
Effort: Easy

Ingredients:

Whole Baby Corn in a can. One Can

How to Prepare:
Usually found in the Chinese section in the food store. It's virtually free with Carb. 3g for 6 cobs. Fiber 4g for 6 cobs. Sugar 0. Add to soups or salads or heat it up and add butter salt and pepper.

Spicy Cauliflower for One

Serves:1,6
CarbsPerServing:Per serving: 147 Calories (kcal); 10g Total Fat; (58% calories from fat); 9g Protein; 9g Carbohydrate; 5g fiber; 30mg Cholesterol
Prep Time:5-10 minutes
Effort:Easy

Ingredients:

1 cup cooked cauliflower florets
2 tablespoons ro*tel diced tomatoes w/green chilies
4 tablespoons shredded cheddar cheese
1 each salt and pepper -- to taste

How to Prepare:
Use leftover steamed cauliflower or frozen cauliflower that has been cooked until just tender. Give it a rough chop and add to a non-stick skillet w/the ro*tel tomatoes. Saute for a few minutes to heat through, add salt and pepper to taste then dump into a bowl and sprinkle cheese on top. If it doesn't melt, pop in into the microwave for 20 seconds.

Spinach ellagant

Serves:8 to 10

CarbsPerServing:not much carbs dependent on the sour cream you use
Prep Time:15 min
Effort:Easy

Ingredients:

spiniach about two bags
sour cream
baccon
cheese
marjoram
garlic
butter
salt
pepper

How to Prepare:
Place spinach in caserole dish, add marjoram, garlic,salt and pepper and butter for flavoring. Add baccon on top.
bake untill warm and baccon drippings soak through.
add a thin layer of sour cream and lots of cheese on top of the sour cream to cover entire dish. place back in oven to melt cheese on top. (I prefer to fully cook baccon to a crispin a pan after the drippings soak through the spinach.)

broccoli salad

Serves:varies,8,7
CarbsPerServing:varies
Effort:Easy

Ingredients:

raw broccoli florets
low carb dressing of choice (I like Kraft caesar vinaigrette with parmesan)
bacon bits (I use Oscar Mayer real bacon bits)
shredded or cubed cheddar cheese

How to Prepare:
Rinse broccoli florets well. Put in big bowl. Add cheese, how much depends on how cheesy you like it, same with the bacon bits & dressing, add the amount you like. Mix well. Refridgerate for at least an hour before eating.

Low Fat Zucchini Lasagna

Serves:6
CarbsPerServing:23
Prep Time:This take time, but is worth it.
Effort:Average

Ingredients:

1/2 c onion, chopped
2 cloves garlic, chopped
3 tbsps parsley
1 tbsps olive oil
1/2 tsp oregano

1/2 tsp basil
1/2 tsp thyme
1/2 tsp pepper 3 c canned tomatoes
3/4 c tomato paste
1 c tomato sauce
3 c mushrooms, chopped
3 medium Zucchini
8 oz Lite mozzarella, grated
8 oz lowfat ricotta cheese
3 tbsps parmesan, grated

How to Prepare:

Saute onion, garlic, parsley, and herbs in oil until onions are tender.

Add chopped tomatoes, tomato paste and sauce. Cook for 1/2 hour on medium heat, stirring often. Add the chopped mushrooms at the end.

Slice zucchini lengthwise, about 8 slices each.

In an 8 inch baking dish, layer ingredients beginning with a layer of sauce, then zucchini, then ricotta, more sauce, zucchini, mozzarella, sauce, etc. Top with parmesan cheese.

Bake at 375 degrees for 35 minutes. Let lasagna rest 10 minutes at room temperature before slicing.

This dish does not slice easily. You will do better to use a spoon to scoop it out. I served it to a vegetarian friend one evening and he returned for thirds.

Stuffed Peppers w/ Tofu

Serves:4

CarbsPerServing:10

Prep Time:30 minutes

Effort:Average

Ingredients:

1/2 lb. ground beef
4 bell peppers (any color)
1 package firm tofu - chopped in 1/2 inch cubes
chopped onion 1 can tomatoes - diced
1 can tomatoe sauce
1/2 cup cheddar cheese- grated
salt and pepper

How to Prepare:

Brown ground beef and onion. Drain and add tomatoes and tomatoe sauce. Warm through. Mix in cheddar cheese and tofu. Add salt and pepper. Sit aside and clean bell peppers. Cut tops off of peppers, remove seeds and wash out. Fill peppers with hamburger mixture. Sit tops back on peppers. Cook at 350 degrees for 45 minutes.

Veggie Saute

Serves:One to Two People

CarbsPerServing:3 carbs per serving

Prep Time:10-15 minutes

Effort:Easy

Ingredients:

Two tablespoons of olive oil
One tablespoon of fresh garlic
2 cups of fresh spinach 1/2 cup of chopped onion
1 1/2 cups of fresh mushrooms
One cup of chopped black olives
Salt, pepper to taste

How to Prepare:

Heat up olive oil and garlic in a skillet over medium heat
Add onions and mushrooms first
After a few minutes, add olives
Fold in Fresh spinach
Add seasonings
Saute until veggies are cooked

BBQ Bacon Asparagus

Serves:As many as you want

CarbsPerServing:0

Prep Time:1/2 hour

Effort:Easy

Ingredients:

Bacon

Asparagus
Garlic Salt
Olive Oil
Toothpicks

How to Prepare:

Put olive oil in a bowl with garlic salt
Wrap uncooked bacon around uncooked asparagus and secure with
toothpick(about half a bacon strip per asparagus stick.)Brush with
olive oil mixture and cook on BBQ. Brush with olive oil now and then
as cooking.

Grilled Portabello Mushrooms

Serves:3

CarbsPerServing:12 total recipe with 2 from fiber

Prep Time:5 minutes

Effort:Easy

Ingredients:

6oz Portabello Mushrooms, sliced
1/2 cup Olive Oil
3 TBS Lemon Juice
3 or 4 Garlic Cloves, minced1/2 tsp Salt
1/4 tsp Pepper
Dash of Worcestershire Sauce

How to Prepare:

In a glass bowl combine all the ingredients, toss in the mushrooms.
Let marinate for at least 30-60 minutes, stirring every now and
then. Grill for 2-3 minutes on each side.

FRIED SQUASH CASSEROLE

Serves:2,10

CarbsPerServing:10

Prep Time:20 MINUTES

Effort:Easy

Ingredients:

2 CUPS SQUASH CROOKED NECK)-(DICED)
1 TOMATOE (DICED)
1 SMALL ONION(DICED)

1/2 STICK OF BUTTER
2 CUPS SHARP SHREDDED CHEESE

How to Prepare:

PLACE THE HALF STICK OF BUTTER IN SKILLET AND LET MELT. ADD THE
DICED SQUASH AND DICED ONION AND COOK UNTIL ALMOST DONE. THEN ADD
DICED TOMATOE COVER AND LET COOK UNTIL SQUASH IS TENDER. THEN ADD
CHEESE AND LET MELT. ENJOY

Cauliflower Bake

Serves:4,10,10

CarbsPerServing:6

Effort:Easy

Ingredients:

1lb bag frozen cauliflower
1/2 cup diced onion
1 cup diced mushrooms
2T butter
1/4 cup cream
1/4 cup mayo
1/2 cup cheddar cheese

How to Prepare:

Take a bag of frozen cauliflower and cook as the package directs.
Drain very well and give it a rough chop.
Saute mushrooms and onion in butter until soft.
Mix remaining ingredients and stir everything together.
Bake covered at 350f, for 25 minutes, then uncover and let cook
another 10 minutes or until browned.

Shoe string

CarbsPerServing:depends

Prep Time:not too long

Effort:Average

Ingredients:

shredded cabbage. (I prefer the angel hair kind - packaged in the
produce aisle.)Oil for deep frying

How to Prepare:

Deep fry cabbage until golden brown. Drain on paper towel. Salt to

taste. Makes a good substitute for shoe string potatoes. Nice on top of a steak!

Eggplant Parmesan Pizza Thingies

Serves:1 Prep Time:1 hour

Effort:Average

Ingredients:

eggplant, sliced in 1/2" thick slices
egg
heavy cream
parmesan cheese
spaghetti/marinara sauce
shredded italian blend cheese, or mozzarella

How to Prepare:

I didn't put any measurements on the ingredients because it just depends on how much eggplant you're fixing. I usually just do one eggplant at a time, which makes two meals for me - I usually get about 10 slices out of one of them.

After you slice the eggplant, salt it and put it between paper towels to absorb the bitter juices. Let it sit like this for about an hour. Blot off the juices. Then beat your egg, and mix it with the heavy cream. For one eggplant, I use 1 egg, and about 1/4 cup of cream. Heat some oil for frying in a skillet. Put some parmesan cheese in a small bowl. Dip the eggplant first in the egg/cream mixture, then in the parmesan cheese, then put it into the heated oil. You'll want to use a medium temperature, maybe a little less than medium, or else your parmesan cheese will get browned/burned before the eggplant is cooked.

After you've fried all the eggplant pieces, and drained them on paper towels to soak up the excess grease, place the individual slices on a cookie sheet. Top them with a scant spoonful of spaghetti sauce (this is where the "bad carbs" are, so go as lightly as you can, unless you're using lowcarb spaghetti sauce), and then the shredded cheese. Stick the pan under the broiler in your oven just until the cheese is melted and I like mine a little browned.

Broccoli Casserole

Serves:4

CarbsPerServing:26 total carbs, subtract 13 grams of fiber =

3.1 carbs

Prep Time:5-10 minutes

Effort:Average

Ingredients:

1 7 ounce can of mushrooms, drained, 1 10 ounce package broccoli, 2 eggs beaten, 1/2 cup Dukes mayonaise, 1 cup shredded cheddar cheese, salt and pepper to taste

How to Prepare:

cook broccoli according to package directions, remember to salt water. Drain broccoli well, I drain on paper towels after draining in colander. Mix broccoli, beaten eggs, drained mushrooms, Dukes and shredded cheese. Pour into greased casserole dish or pie plate, bake at 350 for 25-30 minutes

Creamed Cabbage with Ginger and Chilies

Serves:10

Effort:Average

Ingredients:

6 Quarter-size pieces crystallized ginger
6 dried small hot red chilies
2 large heads savoy cabbage (about 3 pounds total), thinly sliced crosswise
1 1/2 cups whipping cream
3 tablespoons butter
1 tablespoon white wine vinegar
2 tablespoons grated orange peel (optional)
1 cup thinly sliced fresh basil leaves

How to Prepare:

Combine ginger and chilies in medium metal bowl. Pour enough boiling water over to cover. Let stand 15 minutes. Drain, reserving 1/4 cup soaking liquid. Transfer ginger, chilies and reserved soaking liquid to blender. Puree until smooth. Cook cabbage in large pot of boiling salted water 2 minutes. Drain, rinse under cold water until cool. Drain well. Boil whipping cream, butter, and vinegar in large pot until slightly thickened, about 3 minutes. Mix in chili puree. Add cabbage and orange peel; toss until heated through. Mix in basil. Season with salt and pepper.

Spaghetti Squash alla Carbonara

Serves:6,10,7,7,10,10

CarbsPerServing:9g (1g is fiber)

Prep Time:45-60 minutes

Effort:Easy

Ingredients:

1 large spaghetti squash (4 lb)
1/2 lb bacon, cut crosswise into 1/4 inch pieces
1/4 cup dry white wine
1 cup heavy cream
2 egg yolks 1/2 cup Parmigiano Reggiano cheese (worth the extra cost to get the real stuff!)
1/4 cup fresh Italian Parsley (flat-leaf), finely chopped
black pepper to taste

How to Prepare:

Pierce the spaghetti squash multiple times with a fork. Bake in a 400 degree oven for 45-60 minutes, until tender.

While squash is baking, fry bacon until crisp. Drain fat and set aside on paper towels to drain.

Add the wine to the pan and cook for 3-4 minutes on medium until reduced in volume by about half. Reduce heat to low.

Beat together egg yolks and cream, then slowly stir into wine mixture. Cook on medium-low until sauce begins to thicken (warning: make sure temperature is not too high or you will end up with scrambled eggs).

Once the sauce coats the back of a wooden spoon, return the bacon to the pan and add the parsley. Cook for 1-2 minutes to heat through.

Cut the spaghetti squash in half, scoop out seeds, then pull strands out with a fork into a large serving dish.

Pour sauce over hot squash. Sprinkle parmesan over all and toss

well.

Add freshly ground pepper to taste.

Chinese Stir-Fried Asparagus

Serves:6 as a side dish,9
CarbsPerServing:3-4
Prep Time:20 mintues
Effort:Easy

Ingredients:

A medium bundle of asparagus
1/4 pound pork loin
And entire head of garlicsalt
MSG
small red chile (optional)
lard

How to Prepare:

Prep: Cut off the tough ends of the asparagus, or peel the lower portions. Cut the asparagus into bite size pices. Wash them in a bowl of water. Slice the pork into very thin small strips (much easier to do if the pork is slightly frozen). Peel all the garlic cloves and slice thickly.

Cook: Heat the wok. Add at least 3 T. lard. Throw the garlic in and stir-fry til slightly browned. Throw in the pork and cook until color changes, the garlic will also hopefully be very browned at this point. Throw in the chile and about 1/2 teaspoon salt, stir briefly. Throw in the asparagus, add 1/4-1/2 teaspoon MSG, stir-fry a few mintues. Put in about 3/4 cup water, cover and cook until asparagus is just tender. Add more salt to taste. Serve. Be sure to eat the garlic also!

Ante Pasta

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

How to Prepare:

chop finely - 3 tomatoes, 2 gr. peppers, onion to taste, 4 med to lg mushrooms, and garlic cloves to taste. Toss with olive oil and a little salt. Add tobasco or jalepenos if you like it spicy, and a few red pepper flakes. Wrap in lettuce leaves for a crunchy treat that is healthy and low carb.

Artichoke and Spinach Frittata

CarbsPerServing:18 total recipe
Effort:Easy

Ingredients:

6 ounces marinated artichoke heart
1 cup chopped onion
1 cup grated parmesan cheese

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1 teaspoon minced garlic
1/2 teaspoon oregano4 eggs
1 teaspoon salt
1/2 teaspoon pepper
10 ounces frozen chopped spinach -- thawed

How to Prepare:

Preheat oven to 350. Spray a 9" pie pan with vegetable oil. Drain oil from artichokes into a small skillet. Add onion and garlic. Cook until onion is tender. In a mixing bowl, beat eggs until foamy. Dice artichokes and add to eggs, along with cooked onion and remaining ingredients. Stir well. Pour into prepared pie pan and bake 25 minutes. May be made the night before and refrigerated. Serves 6.

Asparagus stir-fry

CarbsPerServing:29 total recipe

Effort:Easy

Ingredients:

1 pound asparagus -- fresh spears
1 can bamboo shoots
1 can waterchestnuts -- sliced
2 stalks celery -- sliced 1/2" thick1 cup fresh mushrooms -- sliced
4 tablespoons oil -- for cooking
1 each salt and pepper -- to taste

How to Prepare:

Cut all vegetables about the same thickness to promote even cooking. Heat oil in wok or large skillet. Stir fry asparagus for about 2 minutes. Reduce heat to medium, cover and cook for 5 more minutes, stirring occasionally to prevent burning. Add all the other ingredients and raise heat to med/high, stir fry 3 - 5 minutes, making sure to stir often.

Bacon Flavored Asparagus

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Asparagus
REAL Bacon Bits
Extra Virgin Olive OilButter
Pepper

How to Prepare:

Simply melt a little butter in a large frying pan. Add a little bit of olive oil and heat. Add asparagus and sprinkle REAL bacon bits over top. Cover and let simmer for about 5-8 minutes, turning asparagus twice.
Pepper to taste - serve warm.

Bacon-Stuffed Cherry Tomatoes

CarbsPerServing:18 total recipe

Effort:Easy

Ingredients:

1 pound bacon
1/4 cup mayonnaise1/4 cup green onions
1 pint cherry tomato

How to Prepare:

Cook bacon until very crisp. Crumble up bacon and mix with mayonnaise (add more if you need it) and green onions. Cut off top and scoop out inside of cherry tomatoes. (Trick to make tomatoes stand still cut a small sliver off the bottom). Fill with bacon mixture. Better when they sit a while so the flavors meld and they taste like a little BLT without the L!

The carb count for a cherry tomato is .8 per tomato with .2 fiber, but you are scooping out the guts so it should be less. So under 1 carb per treat. I used to serve them for parties and never had any left. Enjoy.

>From Dawn:

I make this too but instead of mayonnaise, I use a package of cream cheese. I cut the tomatoes in half, scoop out the insides, sprinkle them with salt and pepper and let them drain cut side down on papertowels. You have to whip the cream cheese until light & fluffy (use a bit of heavy cream to thin out the mixture) and then mix in the onion and bacon. I use a pastry bag to fill the cups to give a nice finishing touch. If you use a bag, then you have to make sure the onion and bacon are chopped fine so they can pass through the pastry tip. Or, you can fill them with a teaspoon.

Baked Cheese-Zucchini

CarbsPerServing:16 total recipe

Effort:Easy

Ingredients:

2 medium Zucchini -- sliced very thin
1 Egg
1 tablespoon prepared mustard
1/8 teaspoon Ground white pepper 1/8 teaspoon Ground nutmeg
1 Green onion -- sliced thin
1/2 cup Swiss cheese -- grated

How to Prepare:

Put the zucchini in a colander or on towels to drain off the moisture. Combine the remaining ingredients. Add the zucchini and mix well. Pour into a lightly oiled 2-quart casserole. Bake at 350 F for 40 to 45 minutes.

Baked Eggplant Hashbrowns

CarbsPerServing:31 total recipe

Effort:Easy

Ingredients:

1 small eggplant
salt
pepper
oregano 2 cloves garlic
2 tablespoons ricotta cheese

How to Prepare:

Peel skins off of eggplant and cut the flesh into 1 inch pieces.

Sprinkle with salt/pepper/oregano (to taste) and then sprinkle minced garlic over the top of the eggplant.

Pull off little piece of the ricotta and put on top of the whole mix.

Bake until golden brown at 400 deg. You can also broil for 2 minutes to make them crispy.

I was liberal with the salt which made them taste great! Use all spices to taste though.

This is for those people who miss the greasy hashbrowns from diners and pancake places

Roasted Cauliflower

Serves:Makes 2 to 4 servings.

CarbsPerServing:No carb count

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 medium head cauliflower 2 tablespoons olive oil ½ teaspoon coarse salt ¼ teaspoon coarsely ground black pepper 2 cloves garlic (pressed)

How to Prepare:

Preheat oven to 400°F. Rinse cauliflower; cut into medium size floweretts. In a large bowl or resealable plastic bag, mix together floweretts, olive oil, salt, pepper and garlic. Spread in a single layer in a non-stick baking dish or rimmed baking sheet. Bake approximately 20 to 25 minutes, or until cauliflower is browned or caramelized on edges and tender. Serve warm or at room temperature.

Baked Turnip 'Taters

Serves:5,7

CarbsPerServing:26 total recipe

Effort:Easy

Ingredients:

3 small turnips -- tennis-ball sized
3 tablespoons butter -- melted
2 tablespoons sour cream 2 eggs -- beaten
1/4 cup grated parmesan cheese
salt and pepper -- to taste

How to Prepare:

Peel turnips, making sure to remove the tough top bits; place in a saucepan. Cover with water and bring to a boil. Cover with pan lid, lower heat and simmer for about an hour until tender. Drain then cut into chunks small enough to fit in your food processor. Place chunked veggies, butter, and sour cream in a food processor and puree. Add beaten eggs and cheese and

whirr some more until ingredients are well-mixed (it won't take long). Pour into casserole dish and bake for about 20 minutes at 350F until it's a little brown on top and edges (or you can nuke it for about 7-10 minutes). You might want to experiment the first couple of times you make it to see how brown you like the top. You can sprinkle a little more cheese on the top before baking, if you like. Makes 4 servings.

(You can also cube the turnips ahead of time then simmer and it doesn't take so long to cook, but some turnips are so hard to cut when raw that I've given up on that technique and just boil them whole.)

Optional: add a garlic clove to the cooking veggies and puree along with everything else; adds .25 carbs to each serving.

Other options: 1/4 tsp dill, crumbled bacon, etc.

Fluffier than other mashed-potato substitutes, because of the egg baked in.
Mmmm!

Benihana Vegetable Delight

CarbsPerServing:19 total recipe
Effort:Easy

Ingredients:

1 ounce cauliflower -- fresh, boiled
5 slices mushroom
1 ounce sliced zucchini
1 ounce snap beans -- fresh, boiled
salt and pepper (optional)
1 teaspoon oil
1 ounce carrot -- fresh, cooked
2 ounces sliced onion
2 ounces broccoli -- fresh, boiled
1 teaspoon white wine
1/4 lime
1 teaspoon butter -- optional

How to Prepare:

Coat one side of a square foot of damp rice paper with oil and butter.
Combine ingredients with 2 teaspoons water. Place in paper and wrap tightly.
Cook seven minutes (turning once) in heated non-stick skillet until paper expands. For electric skillet, start at 300 F and raise temperature to 360F.
Place paper on plate and cut open with scissors. Use caution air inside paper is very hot. Makes one serving.

Better Fake Mashed Potatoes

Serves:10,10,10
CarbsPerServing:7 total recipe
Effort:Easy

Ingredients:

1 head cauliflower
8 tablespoons butter
1 teaspoon pepper -- up to 1 tablespoon

How to Prepare:

Cook 1 head of cauliflower until very soft.

MASH all the water out of it through a screen mesh colander (If you skip this step you get cauliflower soup)..

Add 1 stick butter and considerable pepper (min 1 teaspoon up to a tablespoon - careful it goes from perfect to HOT very fast). Whip with mixer or in food processor, re-heat if necessary.

I have served this at parties and no one has known they were not real.

Brittish Brussels Sprouts

Serves:8
CarbsPerServing:8 total recipe
Effort:Easy

Ingredients:

1 cups brussels sprouts -- boiled (cut off bottoms and trim off extra leaves) - 1 to 2 cups
1 cup Gruyere cheese -- shredded

slice bacon -- several

How to Prepare:

Cook the bacon in a large frying pan--brown it well so it will crumble easily.

In the same pan, brown the brussels sprouts in the bacon fat. Don't actually get them brown, but sort of glaze them so they are tender and have acquired some of the yummy bacon drippings. Put them into a baking dish. Put 3/4 cup of the gruyere and the crumbled bacon on top.

Stir gently (the sprouts might come apart). Top with the rest of the cheese. Serve hot.

Broccoli au Gratin for 1

Serves:10,10,10

CarbsPerServing:13 total recipe

Effort:Easy

Ingredients:

1 1/2 cups broccoli, frozen

1 tablespoon Butter2 tablespoons Sour Cream

1 ounce cheddar cheese -- shredded

How to Prepare:

Microwave broccoli until done, drain.

Add remaining ingredients & microwave. Stir until thoroughly mixed

Broccoli Bacon Salad

CarbsPerServing:36 total recipe

Effort:Easy

Ingredients:

8 slices bacon -- fried and cooled

1 bunch broccoli -- broken up1/2 cup mayonnaise

1 tablespoon vinegar

2 tablespoons artificial sweetener

How to Prepare:

Mix mayonnaise, sugar, and vinegar, and pour over broccoli. Break up bacon into salad and stir.

Broccoli Casserole

Serves:10,10

CarbsPerServing:26 total recipe excluding mushrooms

Effort:Easy

Ingredients:

10 ounces frozen broccoli -- cooked, 10-15 ounces

1 cup mayonnaise

1 can cream of mushroom soup -- or cream of chicken2 eggs

1 1/2 cups shredded cheddar cheese

mushrooms or bacon (optional)

How to Prepare:

Preheat oven to 350 and grease 9x9 glass dish.

Beat eggs, soup, mayo and shredded cheddar in bowl until well mixed.

Add cooked broccoli (and mushrooms & bacon if you desire).

Pour mixture into glass dish and bake about 45 minutes or until top is browned.

Broccoli w/Cheese Meringue

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

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How to Prepare:

Steam broccoli til nearly done (tender but not mushy). Put it in a baking dish & salt to taste. You may want to put a little butter on it too if you want to.

In a small-to-medium mixing bowl, beat 2 egg whites with a mixer til it forms soft peaks. Fold in about 1/4 to 1/2 cup mayonnaise (depends how much broccoli you're using) and 1-2 cups grated cheddar and/or swiss cheese. Mix that together gently (don't want those egg whites to break down altogether) & spread it over the cooked broccoli in a baking dish. Bake uncovered in a preheated 400 degree oven until lightly golden brown (depends on how hot your oven really is -- usually about 5 to 10 minutes).

If you're fixing this for a lot of broccoli (like for 6 people) you may want to use 3 egg whites.

Tip: room temperature eggs yield the most egg whites when you separate them from the yolks & beat up the highest.

This is also good on steamed asparagus.

Brussels Sprouts in Lemon Sauce

CarbsPerServing:56 total recipe

Effort:Easy

Ingredients:

20 ounces brussels sprout -- 2 10 oz frozen packages
1/4 cup butter
2/3 cup mayonnaise
2 tablespoons lemon juice 1/2 teaspoon celery salt
2 tablespoons parmesan cheese -- grated
1/4 cup almonds -- sliced

How to Prepare:

Cook Brussels sprouts according to package directions, omitting salt; drain.
Place Brussels sprouts in a shallow 2-quart casserole and keep warm.
Melt butter in saucepan; add mayonnaise, lemon juice, and celery salt.
Beat with a wire whisk until smooth; cook over medium heat until hot, stirring constantly (do not boil).
Pour sauce over Brussels sprouts; sprinkle with cheese and almonds.
Serves 6.

Buttery Green Beans with Tofu julienne

CarbsPerServing:31 total recipe

Effort:Easy

Ingredients:

2 cup green beans
1 6"x6" tofu block
4 tablespoons sliced almonds 3 tablespoons butter
1/2 teaspoon salt (or measure salt to taste)

How to Prepare:

Slice tofu cube into julienne strips. Set aside.

Sprinkle sliced almonds onto a cookie sheet and heat in a 275 degree oven until lightly crisp and golden.

Steam green beans until al dente.

In a bowl, toss green beans with almonds, tofu, butter and salt.
Enjoy!

Sorry, no exact carb count on this, but be assured it is very low!
Also, this recipe is very forgiving, so be free with you moderations on this if you're serving more than two people. Untoasted almonds are also great with this warm veggie mixture.

Zucchini Hashbrown Cakes

Serves:12,9,10

CarbsPerServing:Total 1.94 Fiber 0.74 Atkins 1.2

Prep Time:10 minutes

Effort:Easy

Ingredients:

2 medium unpeeled zucchini, shredded (1 cup grated)
1 small onion, grated
1 egg
3 Tbs soy powder
1 cup cheddar cheese, shredded
salt and pepper to taste butter for frying

How to Prepare:

In a bowl, combine zucchini, onion and egg. Add soy powder one tablespoon at a time, until the mixture holds together. Stir in cheese, salt and pepper. In skillet or griddle over medium heat, melt butter. Drop batter by ¼ cupfuls into skillet and flatten.
Cook until crispy and brown, turn and cook the other side.

Cabbage 'Macaroni' and Cheese

CarbsPerServing:24 total recipe

Effort:Easy

Ingredients:

3 cups cooked cabbage
10 ounces cheddar cheese -- I like extra sharp 2 tablespoons heavy cream

How to Prepare:

Separate cabbage leaves individually, cut into 1 inch cubes. Put in pan of cold water and boil until tender but slightly undercooked.
Grate 10 oz of cheddar cheese. Use 8X8 inch square pan. Place 2 tbsps of heavy cream in the bottom of the pan. Layer cabbage and cheese like you would a lasagna making sure top layer is cheese. Bake in 350 degree oven for 10-15 minutes or until cheese is melted. Enjoy! This recipe makes 6 1/2 cup servings.

Cabbage Stir Fry

Serves:10

CarbsPerServing:40 total recipe

Effort:Easy

Ingredients:

8 cups shredded cabbage
1/2 cup sliced onions
2 tablespoons soy sauce
2 tablespoons olive oil
2 teaspoons sesame seeds
1 each salt and pepper to taste
2 each dried red chili pepper -optional
2 tablespoons butter

How to Prepare:

Heat wok or deep skillet/dutch oven with the oil. Add in onions and stir fry over high heat for about 30 seconds. Add in cabbage and stir fry for 2 minutes or until cabbage is all starting to wilt. Add red pepper(if using) and soy sauce. Stir fry another minute. Remove from heat and stir in butter, salt, pepper and sesame seeds.

CAULIFLOWER BAKE

Serves:10

CarbsPerServing:14 total recipe

Effort:Easy

Ingredients:

1/2 head cauliflower
8 ounces cream cheese
1/2 cup heavy cream
2 tablespoons butter
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup cheddar cheese -- shredded (optional)

How to Prepare:

Cut the cauliflower into small pieces and boil till tender. Place the cream cheese and cream into a blender and blend. Place the cauliflower into the blender one piece at a time until smooth. Add butter salt and

pepper.

Transfer to a baking dish and top with cheese (if desired) and bake at 400

for 15 minutes till cheese is bubbly. Serves 4

Cauliflower Casserole

Serves:7,10

CarbsPerServing:55 total recipe

Effort:Easy

Ingredients:

5 cups cauliflower
2 cups sour cream
1 1/2 cups grated cheddar cheese
6 green onions -- chopped (separate white and green)
5 1/2 teaspoons salt
1/2 teaspoon pepper
6 slices bacon -- cooked crisp and crumbled

How to Prepare:

Cook cauliflower until tender but firm, chop into pieces about the size of hashbrowns.

Mix in sour cream, 1 cup of the cheddar, white part of the green onions, salt and pepper.

Stir in cauliflower. Place in greased baking dish and sprinkle rest of cheddar on top.

Bake at 350* for 20 minutes or until heated through. crumble bacon on top and sprinkle on the tops of the

green onion. reheats well in the micro, but doesn't freeze well.

recipe can be doubled, serves 10

Cheese Sauce for Vegetables

CarbsPerServing:2 total recipe

Effort:Easy

Ingredients:

1 tablespoon butter
3 tablespoons heavy cream
1/3 cup shredded cheddar cheese -- or any flavor

How to Prepare:

Melt it slowly while stirring in a small non-stick saucepan until heated through. Add fresh ground pepper if you'd like.

This makes approximately 2 servings.

Colorfull Grilled Marinated Vegetables/Foreman Grill

CarbsPerServing:11 total recipe excluding
salad dressing
Effort:Easy

Ingredients:

1 bunch asparagus spears -- trimmed to about 8"
1 bunch green onions, whole -- trim to about 8"
1 large red bell pepper -- clean and slice into long thin strips1/2
cup any brand italian salad dressing
1 clove garlic -- crushed
1/2 teaspoon pepper -- fresh cracked is best

How to Prepare:

Mix dressing, pepper, garlic and italian seasoning well. Pour into a gallon-sized ziplock bag.

Blanch the asparagus in boiling water for 3 minutes or until it turns darker green. Drain well and put into the baggie of marinade along with the onions and pepper. Let marinate at room temperature for 1 hour, turning bag as needed to get an even coating. After an hour, drain the marinade off. Preheat foreman grill. Place veggies in a single layer across the grill - - fit as many as you can on in the 1st batch. Close lid and grill for 4 minutes. The onions should remain tender/crisp. If you desire them to be softer, cook another 2 minutes, but don't get them too soft. Arrange on a platter and drizzle with a little melted butter if desired.

Cottage Cheese, Broccoli Casserole

Serves:10
CarbsPerServing:48 total recipe
Effort:Easy

Ingredients:

2 cups Cottage Cheese
3 Eggs
8 ounces shredded cheddar cheese20 ounces Frozen Broccoli -- partially thawed
Salt and Pepper to taste

How to Prepare:

Preheat oven to 350 F.

Combine Ingredients and place into a casserole or baking dish.

Bake uncovered for 60 mins.

Delicious Yellow Squash Casserole

CarbsPerServing:36 total recipe excluding
cheese
Effort:Easy

Ingredients:

4 yellow squash -- (4 to 6)
1 large tomatoes
1 large white onion3 strips bacon -- (3 to 4)
1/2 block sharp cheddar cheese (enough to cover top of casserole)

How to Prepare:

(note: scale quantities to your casserole dish)

In 9 by 13" casserole dish, begin by slicing the squash into 1/4" slices. Add enough to cover the bottom of the dish about 2 slices deep.

Next, slice the white onion and layer on top of the squash. Do the same with the sliced tomato. Finish by placing a slice of cheddar on top of each tomato, then topping off the dish with the raw bacon slices.

Bake in a 350 degree oven for about 1 hour or until the bacon on top is done.

(important - don't add any liquid to the recipe. The veggies will generate plenty of juice on their own.)

DUM GOBHI (Cauliflower steamed with herbs and spices)

CarbsPerServing:33 total recipe excluding
turmeric and garam masala
Effort:Easy

Ingredients:

1 pound cauliflower

1/2 teaspoon chili powder
1/4 teaspoon tumeric
2 teaspoons grated ginger root
1/3 cup chopped tomatoes1 green chile -- chopped
1 tablespoon nonfat plain yogurt
2 tablespoons chopped cilantro -- (2 to 3)
1/2 teaspoon garam masala

How to Prepare:

Wash, drain, and cut cauliflower into 1 inch flowerets, including stem.

Combine chili powder, ginger, tomato, green chili, tumeric with the yogurt in

A small bowl. Spray with pam, use nonstick pan, use a little water, whatever you do to nonstick yourself. Put Cauliflower into pan then pour spices over the top. Cover pan tightly and cook over LOW heat for 10-15 minutes (Cauliflower will steam in the spi

cy mixture). Stir in half the cilantro

leaves, increase heat to medium, and cook with lid off, for another 5-6

minutes, to drive off excess moisture. turn off heat and sprinkle with

garam masala and reamaining cilantro. Make sure all liquid is driven off.

Fake Mashed Potatoes

CarbsPerServing:17 total recipe

Effort:Easy

Ingredients:

1/2 cauliflower, head

1 ounce butter

2 ounces cream cheese1 teaspoon dried onions -- ground

white pepper -- salt

How to Prepare:

Cook the caoliflower, until very tender. Dry it and put in food processor. Add the remaining ingredients and process, until you get a smooth paste. If the result is too thin, put back in pot and cook, while stirring, until the texture is ok.

Fantabulous Creamed Spinach

Serves:4

CarbsPerServing:6.5g tot - 3.25g fiber = 3.25g digestible carbs

Effort:Easy

Ingredients:

1 package (10 oz) frozen chopped spinach, thawed

1 cup chopped mushrooms

1/2 cup chopped onion

2 Tbsp. butter

2 Tbsp. heavy cream

2 Tbsp. cream cheese

2 Tbsp. mayonnaise

1 tsp. Thicken/Thin not StarchVege Sal (or Salt) & Pepper

Optional: 2 slices bacon, cooked and crumbled

How to Prepare:

Saute onion in butter until transluscent in a medium skillet. Add mushrooms and saute until both onions and mushrooms are soft and cooked.

Add in thawed chopped spinach and mix well with mushrooms and onions.

Add cream, cream cheese, and mayo. Stir in until everything is melted and/or incorporated. Add salt and pepper to taste. Sprinkle Thicken/Thin not Starch over entire pan and stir in until the liquids thicken. (Optional: sprinkle 2 slices of crumbled bacon over everything.) Serve hot.

Notes:The Thicken/Thin Not Starch is optional, but it makes things really nice and creamy. Guar/Xanthan gum could also be used for this (although I do not know what amount).

If you don't use Thicken/Thin, it won't change the digestible carbs because it is all fiber. If you add bacon, it adds a bit more protein and fat, but no carbs.

Flavored Mushrooms

CarbsPerServing:3 total recipe

Effort:Easy

Ingredients:

1/2 cup sliced mushrooms

1 teaspoon butter1 teaspoon basil

1/2 teaspoon garlic salt

How to Prepare:

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put all ingredients in a pan a saute til mushrooms are slightly browned.
eat them alone or with a favorite meat.

French Fries

CarbsPerServing:8 total recipe
Effort:Easy

Ingredients:

6 ounces daikon -- radish
1 EggCrushed Pork Rinds

How to Prepare:

Slice the radish like you would French Fries.
Beat egg in a bowl and coat the fries
Put fries in a bag filled with crushed Pork Rinds and shake
Put fries in pan containing 1/4 inch hot oil
Cook until golden brown and crispy

These are wonderful, you will never miss potato fries again and they total to only 8 carbs

Fried Cabbage 1

Serves:10
CarbsPerServing:32 total recipe
Effort:Easy

Ingredients:

1/2 cabbage head -- julienned
3 slices bacongarlic -- to taste
1/2 cup chopped onion

How to Prepare:

Cook bacon in large skillet. Remove and chop. In same skillet, cook garlic and onion in bacon grease. When both begin to brown, add bacon and cabbage and fry, stirring often until warmed through. You want the cabbage to remain crispy, not soggy.

This is the only way I will eat cabbage. Great for veggie haters!

Garlicky Brussels Sprouts

CarbsPerServing:27 total recipe
Effort:Easy

Ingredients:

1/2 cup water
3 tablespoons butter
1 tablespoon minced garlic
1 teaspoon ground ginger1 dash salt and pepper -- each
10 ounces brussels sprouts -- fresh or frozen

How to Prepare:

Cut sprouts into 1/2 or 1/4s through the stem end. Bring everything except sprouts to a simmer in a large saucepan. Add the sprouts, cover and simmer over med heat for 10 minutes or until tender. Uncover and let simmer until most of the liquid is gone -m ay take 3-4 minutes.

Green Bean Casserole

Serves:10
Effort:Easy
CarbsPerServing:35 total recipe excluding cheese

Ingredients:

2 cans green beans, canned -- french cut
4 ounces mushroom stems and pieces -- drained
1/2 medium yellow onion -- sliced thin, separated into rings
2 stalks celery -- sliced small
2 tablespoons butter1/2 cup heavy cream
1/4 cup mayonnaise
1 cup assorted cheeses cut into small -- jack, pepper jack, cream -your choice) diced
3/4 teaspoon salt -- or 1/2 lite, and 1/4 reg
1/2 teaspoon pepper
1/2 teaspoon garlic powder

How to Prepare:

Melt the butter in a skillet and sautee the onions, celery and mushrooms until soft(about 7-8 minutes). Mix the mayonnaise and cream. Mix everything together in a casserole and bake at 350f, covered, for 30 minutes. Uncover and brown if desired.

Green Bean Parmesan

CarbsPerServing:29 total recipe excluding
garlic powder and parmesan
Effort:Easy

Ingredients:

1 pound green beans -- fresh
1/4 cup melted buttergarlic powder -- to taste
parmesan cheese -- to taste

How to Prepare:
Par-boil green beans rapidly for 10-15 minutes. Drain water.
Put beans in 13x9 casserole dish. Toss with butter, garlic and cheese.
Bake for 10 minutes at 400 degrees.
good! Beans are still slightly crunchy!
You can do this with fresh asparagus too!

Green Beans a la Cheese

CarbsPerServing:20 total recipe
Effort:Easy

Ingredients:

2 cans green beans, canned -- french cut 2 cups grated cheese
Paprika

How to Prepare:
Drain green beans; mix in 1 c. cheese; place in microwave safe dish.
Sprinkle top with rest of the cheese and paprika. Nuke for about 2 1/2 to 3 minutes on high.

Broccoli Onion Swiss Quiche

CarbsPerServing:30 total recipe
Effort:Easy

Ingredients:

3 cups chopped broccoli -- cooked, drained, cooling
1/2 cup chopped onion -- favorite color
3 tablespoons butter -- (or less)
1 1/2 tablespoons soy flour
3/4 teaspoon salt
pepper and nutmeg to taste (pinch) 3 eggs
1/2 cup heavy cream
with enough water to equal 2/3 cup liquid
4 slices cooked bacon -- crumbled or cut in small pieces
2 ounces shredded swiss cheese

How to Prepare:
9" pie plate sprayed with non-stick spray
375 degrees, 25 minutes

1. Set aside cooked broccoli
2. Saute onions gently in butter, when tender add soy flour and cook a couple more minutes.
3. Whisk together eggs, cream & water. Blend in salt and spices.
4. Combine egg mix, prepared vegetables and cheese.
5. Pour into prepared pie plate.
6. Bake until puffed and browned.

Personal notes: Next time I will increase the 2 oz cheese to 4 oz because I want the swiss flavor more pronounced. Also I think this would make a great appetizer if baked in a 7 x 11" chilled and cut into small squares, served cold or reheated. Very pretty if topped with small strips of pimento or red bell pepper laced through a slice of black olive?

Hash Browns

CarbsPerServing:11 total recipe
Effort:Easy

Ingredients:

2 cups cabbage -- thinly sliced
salt and pepper -- to taste 1 green onion -- chopped
1 egg

How to Prepare:
Shred cabbage very thin add S & P, the green onion and egg.
Mix well. Fry in oil in non stick frying pan. Makes 2 patties.

Holiday Mashed Potato Casserole

CarbsPerServing:12 total recipe excluding cauliflower
Effort:Easy

Ingredients:

2 packages frozen cauliflower
1/2 cup butter
1 bunch green onions -- (4 or 5)
1/4 heavy cream -- 1/4 to 1/28 ounces cream cheese -- at room temp
1 cup grated Parmesan cheese
Salt and pepper to taste

How to Prepare:

Place the cauliflower in a large saucepan and cover with lightly salted cold water. Bring to a boil, reduce heat to medium and simmer for 15 to 20 minutes or until tender when pierced with a fork. Drain thoroughly; transfer to a large mixer bowl.

Preheat oven to 350 degrees. While cauliflower is cooking, in a medium skillet over medium low heat, melt butter. Add green onions and saute until tender. Add 1/4 cup milk, cream cheese and Parmesan cheese; stir until cheeses are melted. Add the melted cheese mixture to cauliflower and beat with electric mixer until fluffy. Season to taste. If mixture seems too stiff, add a little more milk. Pour into a 9 X 13 inch casserole dish and bake at 350 degrees for about 30 minutes. Mixture should be nicely browned on top and slightly bubbly.

Italian Zucchini Pie

Serves:10,10,10,10

CarbsPerServing:44 total recipe

Effort:Easy

Ingredients:

4 cups sliced zucchini -- unpeeled, thinly sliced
1 cup onions -- coarsely chopped
2 cloves garlic -- crushed
1/2 cup butter
1/2 cup chopped fresh parsley
1/2 teaspoon salt 1/2 teaspoon pepper
1/4 teaspoon basil
1/4 teaspoon oregano
8 ounces shredded mozzarella cheese
1/2 cup grated parmesan cheese
2 eggs -- well beaten
4 tomato slices -- (4 to 5

How to Prepare:

Preheat oven to 375. In a skillet, cook onion til golden, throw in garlic and cook two more minutes. Throw in zucchini and cook til tender. Stir in parsley and all seasonings. In a large bowl, blend eggs with cheeses, stir in vegetable mixture. Butter an 11-inch quiche or glass pie plate and pour mixture in evenly. Layer the tomato slices over and sprinkle a little bit of parmesan over. Bake for 18 to 20 minutes.

Ultimate Low-Carb Mashed

Serves:4

CarbsPerServing:Per Serving: 97 Calories; 7g Fat (59.3% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 357mg Sodium.

Prep Time:20 minutes

Effort:Easy

Ingredients:

1 cup turnips -- diced, measure uncooked
16 ounces frozen cauliflower -- thawed before cooking
1 clove garlic -- peeled and halved 1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons soft butter
2 tablespoons heavy cream

How to Prepare:

Bring 4 cups water to a boil. Add diced turnips and garlic. Boil for 5 minutes, then add thawed cauliflower and boil for 10 minutes or until all veggies are fork tender. Drain well and use a spoon to smooch out as much water through the colander as possible. Put into a bowl and add cream, butter, salt and pepper. Using a stick mixer (like the Thunder Stick or Braun kind), puree until smooth and well blended. Serve immediately. You can do this in a blender or food processor, but I like the stick mixer for control.

Macafoni and Cheese

Serves:10,10,9,8,10,3

CarbsPerServing:17 total recipe

Effort:Easy

Ingredients:

12 ounces firm tofu
8 ounces sharp Cheddar cheese -- grated
2 eggs -- beaten
1/4 cup cream 1/4 teaspoon onion powder

1 dash cayenne
1/4 teaspoon garlic powder
1/4 teaspoon dry mustard

How to Prepare:

Drain tofu well (i let mine sit in the colander for awhile and then squished even more liquid out of it with my hand)

Mix all ingredients together mashing the tofu well (but leaving a few chunky pieces),

Place in a buttered casserole dish. Sprinkle with Parmesan & a little paprika. Bake at 350 for 30-40 minutes. The top should be golden brown. (its the crispy brown parts that really give it the flavor)

Marinated Garden Tomatoes

CarbsPerServing:45 total recipe

Effort:Easy

Ingredients:

6 large tomatoes -- cut into wedges

1/2 cup green onions -- thinly sliced

1/3 cup olive oil -- or canola

1/4 cup red wine vinegar

1/4 cup minced fresh parsley2 garlic cloves -- minced

1 teaspoon salt

1 tablespoon fresh thyme -- or 1 teaspoon dried

1/4 teaspoon coarsely ground pepper

How to Prepare:

Place tomatoes and onions in a shallow serving bowl. In a bowl, combine the remaining ingredients: pour over tomatoes. Cover and refrigerate for at least 2 hours or overnight. Yield: 10 servings or 3/4 cup

Mashed Cauliflower and Broccoli

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

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How to Prepare:

Steam cauliflower and broccoli, when softened put in a food processor with sour cream, half and half, salt, and a little pepper. Blend together and serve. It has a similar consistency to mashed potatoes, it is delicious! And adds fiber to your meal.

Mushroom Pie

CarbsPerServing:42 total recipe

Effort:Easy

Ingredients:

200 grams mushrooms -- chopped fresh

1 large onion -- chopped

salt

pepper3 tablespoons mushroom soup

750 grams cream cheese -- (5% fat)

3 eggs

How to Prepare:

Fry the onion with the mushrooms. Add salt and pepper and the mushroom

soup. Then when it is all blended together with all the aroma and taste, you pour to a pan and stir with the cheese and eggs. That's it! You

put in the oven for about 45 min. at 250 degrees. Bon appetit!!! (-:

Noodles Romanoff Atkins style

CarbsPerServing:35 total recipe

Effort:Easy

Ingredients:

1 head cabbage -- sliced into noodles

1 pound cream cheese -- softened

8 ounces sour cream

2 tablespoons butter -- melted

1/2 cup scallions -- chopped(green onions)1 clove garlic -- crushed

1/4 teaspoon black pepper

1/4 cup TVP -- (or omit for topping)

1/2 cup grated Parmesan cheese

How to Prepare:

Cook until barely tender. Drain. Mix together cream cheese, sour cream, and butter. Stir into cabbage. Add scallions, garlic, and pepper, and turn into buttered baking dish. Combine TVP(crums) and

Parmesan cheese and sprinkle over top of noodle mixture.
Bake at 350 degrees for 30 minutes.
**Note: If you have leftover protein bread that has dried, pulses in the foodprocessor for crumbs and use in place of the TVP.

Parmesan Onions

CarbsPerServing:12 total recipe
Effort:Easy

Ingredients:

1 medium white onion
2 cloves minced garlic
butter1 teaspoon balsamic vinegar
Parmesan cheese
Black pepper

How to Prepare:

Slice onion into rings. Melt butter in pan, and saute garlic for about a minute. Add onions. Sprinkle with vinegar. Cook until soft, then sprinkle with cheese and pepper (to taste). Allow cheese to melt, then serve.

PEPPER-VODKA-SOAKED CHERRY TOMATOES WITH SEASONED SEA SALT

CarbsPerServing:17 total recipe
Effort:Easy

Ingredients:

1 pint cherry tomatoes -- vine-ripened
1/2 cup vodka -- pepper-flavored3 tablespoons sea salt -- coarse or fine
1 tablespoon lemon pepper

How to Prepare:

Store-bought seasoned salt can also be used in the following recipe.

Can be prepared in 45 minutes or less but requires additional unattended time.

Poke 5 or 6 holes with a wooden pick or skewer in each tomato and put in a shallow bowl. Pour vodka over tomatoes and let stand, covered, tossing occasionally, 1 to 2 hours, or until soaked to desired taste. In a small bowl stir together salt and pepper. Serve tomatoes with seasoned salt for dipping using toothpicks. Makes 2 cups.

If you can't find the pepper vodka, to use red pepper flakes mixed into the vodka.

Portobello's and Cheese

CarbsPerServing:20 total recipe
Effort:Easy

Ingredients:

2 portobello mushrooms -- (2 to 3)
cooking wine -- red, or balsamic vinegarolive oil
2 slices provolone cheese

How to Prepare:

Using skillet w/ about a capfull of olive oil, and medium heat, place portobello caps in skillet, and add the wine/ vinegar, and give the mushrooms time to absorb the liquid. then repeat, and slice the mushrooms into 3/4 inch slices. when still hot, top with sliced provolone.

Prosciutto and Spinach

Serves:10
CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

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How to Prepare:

Heat up a frying pan over medium heat (about 5 on an electric stove top). Melt about 2 tablespoons of butter in the pan. Peel and chop one clove of garlic, and fry it in the pan, just until it's light brown. Add 8 slices of prosciutto, cut into smaller pieces. Fry the prosciutto for about 3-5 minutes; you're not trying to make it crisp, just flavor the butter. Add 12 ounces of chopped spinach, toss all of it together in the pan, cover the pan. Let it cook until the spinach is cooked (it's better if the spinach is not over cooked), about 3-5 minutes. Delicious and fast!

Vegitable medly

Serves:2-3
CarbsPerServing:very low

Prep Time:10 minutes
Effort:Easy

Ingredients:

4 slices Bacon chopped1 onions chopped2 peppers chopped1 large zucchini chopped1 clove Garlic crushed1 teaspoon saltnone

How to Prepare:

dice bacon and brown in fry pan. add onion and peppers and saute till lightly browed, add zucchini, garlic and salt and continue till zucchini is tender and cooked thru. Great side dish or add chicken, sausage etc. it is quite versatile. try other seasonings as well for variety.

Puffy Asparagus & Ham Bake

CarbsPerServing:53 total recipe
Effort:Easy

Ingredients:

1 pound fresh asparagus -- cooked and drained
6 slices ham
4 ounces mushrooms -- sliced3/4 cup mayonnaise
1 tablespoon lemon juice
2 egg whites
1 dash salt

How to Prepare:

Spray bottom of baking dish with Pam. Place ham on bottom, top with asparagus, then mushrooms. Combine mayo with lemon juice. Beat egg whites with salt until stiff, fold in mayo mixture. Spoon over mushrooms. Broil at least 6 inches from heat for 5 minutes, or until puffed and brown.

You can also bake at 425 degrees for 3-5 minutes, watching carefully.

Salmon-Stuffed Mushrooms

Serves:10
CarbsPerServing:15 total recipe
Effort:Easy

Ingredients:

8 ounces mushroom -- fresh
1 tablespoon butter
1 clove garlic -- pressed
2 tablespoons onion -- minced
1/2 cup salmon -- smoked, canned, or crumbled salmon burger1/2 teaspoon parsley -- flakes
1/4 teaspoon pepper
1/8 teaspoon marjoram
1 tablespoon lemon juice

How to Prepare:

Saute in 1 Tbs. butter until tender but not brown: finely chopped mushroom stems, onion, and garlic.
Remove from heat and add: salmon, parsley, pepper, marjoram, lemon juice; mix thoroughly.
Press a teaspoonful of mixture into each mushroom button.
Cook under broiler 3 to 5 minutes until mushroom buttons turn dark, but aren't browned.
Serve hot on small crackers or by themselves.
Makes about 24 stuffed mushrooms

Sauteed Broccoli Florets, Zucchini and Mushrooms

Serves:10
CarbsPerServing:11 total recipe excluding broccoli, lemon juice and italian seasonings
Effort:Easy

Ingredients:

1 1/2 zucchini -- sliced and chopped
1/2 cup sliced mushrooms -- 1 large handful - I estimated 1/2 cup for nutritional counting
2 stalks broccoli florets
(I save the stalks to make Appletree Salad later in the week, YUM)1 clove garlic -- crushed
salt and pepper
sprinkling of Italian Seasonings
1 squeeze of lemon
2 tablespoons olive oil

How to Prepare:

In a skillet, heat the olive oil and throw in all the veggies, sprinkle on the seasonings and cover with a lid so that the steam helps cook them too.

Temp should be med-high. Stir occasionally and when the broccoli is bright green throw in the garlic and cook for two more minutes. Before taking off heat, squeeze lemon juice over.

Slice three tomato slices for each plate, season with salt and pepper and drizzle balsamic and olive oil over. Exquisite!!

Serve with a lemon wedge alongside Chicken Breasts with Rosemary, Lemon & Garlic - recipe in the Chicken/Poultry/Eggs category here.

Sauteed Garlic Spinach

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

Raw Spinach
Sliced Garlic cloves
Jane's Crazy Mix-Up Salt SeasoningsCracked Black Pepper
-- (or seasonings of choice)
Olive Oil or one of your choice

How to Prepare:

Heat about one tablespoon of olive oil in hot skillet (I use a wok). Throw as much spinach in pan as you would like (use your own judgement); then put sliced garlic cloves in (again, you as much as you would like -- I use about 3 large cloves). Season with the salt seasoning and cracked pepper.

Don't blink! As soon as the spinach wilts (takes seconds, if pan is hot) take spinach out of pan. This is a very simple and delicious dish.

SAVORY SPINACH BALLS

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

2 pkg frozen chopped spinach -- cooked and drained
1 lg onion -- chopped fine
4 eggs -- beaten
3/4 c butter1/2 tsp salt
1/2 tsp garlic salt
1/2 tsp thyme
1/2 c Parmesan cheese
2 c stuffing mix

How to Prepare:

Mix all ingredients in a large bowl; chill 1/2 hour.

Preheat oven to 350 degrees. Grease cookie sheets or line with parchment paper. Roll spinach mixture into small balls (rounded teaspoons or tablespoons). Bake 15 minutes.

This recipe is a handy make-ahead appetizer--you can prepare a batch, freeze the unbaked balls, and then bake as many as you need later. But, thanks to a shortcut ingredient (stuffing mix), these Spinach Balls are also quick and easy at the last minute. Makes about 4 dozen.

Side Salad

CarbsPerServing:11 total recipe excluding grape tomatoes
Effort:Easy

Ingredients:

1/2 pound salami -- hard, cut 1/2" thick
1/2 pound mozzarella cheese -- cubed
1 cup grape tomatoes -- halved1/8 cup fresh basil -- chopped fine
1/4 cup olive oil -- light
salt and pepper to taste

How to Prepare:

toss together
serve with diet flat bread
grilled with olive oil and garlic salt

Smothered Mushrooms

CarbsPerServing:58 total recipe
Effort:Easy

Ingredients:

1 1/2 pounds fresh mushrooms -- fresh - I use white button
12 ounces bacon -- may sub ham
2 cups sour cream8 ounces cream cheese -- softened

1 can black pitted olives -- sliced

How to Prepare:

1. Wipe mushrooms clean, slice.
 2. Fry bacon until just not quite crisp, drain, cut into small pieces with kitchen shears
 3. In bacon fat or (equal amounts of real butter and worchestershire if your daily carb count can take it--the worchestershire gives it real ZIP) saute mushrooms on medium until tender, but not browned or crisp.
 4. In crockpot mix together sour cream and cream cheese.
 5. Toss in mushrooms, bacon and olives. Keep hot in crockpot, not boiling or heat in 1 1/2 qt casserole in 350 oven.
- Then call me and I will come right over to share it with you!

This isn't exactly carb 'cheap' and is so good you will have to limit your amount of servings. But everything is Atkins "legal". On a low-fat diet I always used to feel guilty making and serving this--one of my all time favorite potluck dishes!

Spaghetti (Squash) Pie

CarbsPerServing:44 total recipe exluding
tomato sauce
Effort:Easy

Ingredients:

3 cups spaghetti squash -- cooked, strands
1 egg -- beaten
1/3 cup parmesan cheese
1 tablespoon butter -- melted
1 cup ricotta cheese
1 egg -- beaten
1/2 pound ground beef -- or bulk Italian Sausage
1/2 cup chopped onion 1/4 cup green pepper -- chopped
2 small cans tomato sauce
1 teaspoon garlic powder
1/2 teaspoon dried oregano -- crushed
1/2 teaspoon dried basil -- crushed
1 teaspoon dried parsley -- crushed
1/2 cup shredded mozzarella cheese

How to Prepare:

Mix squash, 1 egg Parmesan Cheese and butter well. Press evenly into a 9" pie plate to form crust.

Mix Ricotta and 1 egg and spread evenly over squash mixture in pie plate.

In large skillet, brown meat with onion and green pepper. Drain off excess fat. Add tomato sauce and spices. Simmer a few minutes, then spoon over Ricotta mixture in pie plate.

Bake at 350 for approximately 15 minutes. Sprinkle mozzarella over top, then bake an additional 5 ÷ 10 minutes to melt cheese and set crust. Let sit 5 ÷ 10 minutes before cutting.

Wondering about spaghetti squash?

It is a sorta football-shaped squash, fairly large and quite yellow in color. Cut it in half lengthwise (it is pretty hard to cut-be careful!) and scoop out the seeds in the middle.

To oven bake, place in a baking pan, cut side down, with 1" water. Bake at 350 for 20-30 minutes (until its somewhat soft). To microwave bake, place in glass pan, cut side down, with 1" water and nuke on med-high for at least 10 minutes (until somewhat soft).

After cooking, use a fork to remove the pulp from the rind-it'll come out in spaghetti-like strands.

The smallest one I've ever bought yielded 3 c. strands. Larger ones may yield 3 c. per half of the squash!

Spanish 'Rice'

CarbsPerServing:39 total recipe
Effort:Easy

Ingredients:

1 head cauliflower -- freshly ground
1 bell pepper -- diced rough
1/2 cup onion -- diced rough
olive oil
14 1/2 ounces whole tomatoes -- canned
1 tablespoon balsamic vinegar 1 teaspoon worchestershire sauce -- 1 to 2
1 teaspoon splenda -- 1 to 2

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salt and pepper -- to taste
2 scallions - optional -- green only, chopped
garlic powder/salt - optional

How to Prepare:

- 1) In a small saucepan, add tomatoes, vinegar, worcestershire sauce, splenda, salt and pepper, and garlic, if using. Break up tomatoes with a wooden spoon. Simmer on medium low, covered for at least 30 minutes. Be careful not to let it cook down too much.
- 2) Chop up peppers and onion and saute in olive oil a large skillet over medium high heat, until the pepper and onion start to get a little charred.
- 3) While peppers and onions are cooking, remove outer leaves of cauliflower, and cut away at the base until you are left with a stalk stem to hold onto and all the green cut away. Use the stalk as a handle and grate the entire head of cauliflower on the largest hole. It should be in small, grainy rice like pieces.
- 4) Add a little more olive oil to the skillet, and the cauliflower. Stir, to make sure the cauliflower is coated and continue to cook until it's soft like rice, but not mushy. (You may want to cover skillet with a lid and steam it a bit if you're in a hurry)
- 5) Serve topped with tomato sauce and little chopped scallion (optional).

Spanish spinach omlet

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

1 box frozen chopped spinach
1 dashes of: Salt -- pepper, garlic salt
or other preferred spices
olive oil
2 eggs

How to Prepare:

Thaw spinach and drain excess liquid.
Saute spinach in about 3 TBLS. of olive oil .
Add desired spices (also very good with chopped onions and fresh garlic.)
Beat eggs in a bowl.
Add sauted spinach and mix with eggs.
Return to pan and fry on both sides till done. Yummy!

Easy Creamed Cabbage

Serves:2 large,10
CarbsPerServing:2 net carbs
Prep Time:20 minutes
Effort:Easy

Ingredients:

1/2 Head Cabbage - leaves separated
3 oz Cream Cheese
1/3 Stick Butter
3 Tablespoon heavy cream
1/4 Teaspoon Onion Powder
salt and pepper to taste

How to Prepare:

Steam cabbage until very tender. (You can do this in the microwave or steamer.)In medium pan on med low heat - melt butter - add cream and cream cheese, onion powder and salt and pepper. Stir until all is melted. Add steamed cabbage - mix well. Continue to cook until desired doneness. Serve hot.

Squash and Zucchini with onions

CarbsPerServing:31 total recipe
Effort:Easy

Ingredients:

2 yellow squash -- large, diced
2 zucchini -- large, diced
1 yellow onion -- shredded, or vidalia
(2 small will do as well)garlic salt
salt and pepper
lemon pepper

How to Prepare:

Grease the frying pan with a small pad of butter. Cooking spray or vegetable oil can be used if preferred.
In a large frying pan saute onions until limp. Add zucchinis and

squash.
While cooking add 1 tsp garlic salt and one tsp of lemon pepper.
Cook on
med/high until soft but not mushy. Add salt and pepper to taste.

And

viola! Simple and easy in 10 min!

Stuffed Mushrooms with Goat cheese topping

CarbsPerServing:6 total recipe
Effort:Easy

Ingredients:

6 medium mushrooms -- white
6 large pork rinds (smashed to bread crumb consistency)
2 tablespoons butter
1/2 tablespoon olive oil 1 tablespoon red onion -- finely chopped
1/2 ounce goat cheese
black pepper and garlic-salt to taste

How to Prepare:

Preheat oven to 450 F
Clean mushrooms, chop stems and set aside.
Heat olive oil in small skillet.
Add: smashed pork rinds, butter,
chopped onions and mushroom stems.
Cook until onion is soft.
Season with enough garlic salt and black pepper
to hide "pork" flavor.

Spoon mixture into mushroom caps.
Lightly brush tops with olive oil.
Bake in glass pie plate or teflon cookie sheet,
uncovered for approx. 10 minutes.
Mushrooms should look slightly translucent.
Add a nickel size drop of goat cheese to
the top of each stuffed mushroom and bake 5 minutes
longer.

Makes appetisers for two!

Summer Squash casserole

CarbsPerServing:6 total recipe
excluding squash
Effort:Easy

Ingredients:

4 medium yellow squash -- sliced
1/4 cup sour cream
1 tablespoon butter
1 cup grated cheddar cheese -- divided
1 teaspoon paprika
1 egg yolk -- beaten
1 tablespoon chives -- chopped
4 slices bacon -- fried crisp
1/2 teaspoon salt

How to Prepare:

Simmer squash, covered, in 1/4 c. water until tender. Drain well. In
a saucepan, combine sour cream, butter, 1/2 c. cheese, salt and
paprika. Stir over low heat until cheese is melted. Remove from heat
and add egg yolk, chives, and bacon. Add squash. Place in buttered
dish and top with remaining cheese. Bake at 350 degrees for 30-35
minutes.

Turnips Au Gratin

CarbsPerServing:41 total recipe
Effort:Easy

Ingredients:

4 turnips -- washed peeled and thinly sliced
1 Small onion -- thinly sliced
2 tablespoons Olive Oil -- (2 to 3) 1 Cup grated cheddar cheese
Salt to taste

How to Prepare:

Place turnips and oil in skillet and saute until tender. Add onion
and continue to saute until some are golden. Remove from stove and
place turnips and onion into a baking dish. Add cheese over the top
of the turnips and onion and bake at 350 til cheese
is melted.

Twice Baked Turnips

CarbsPerServing:33 total recipe
Effort:Easy

Ingredients:

4 medium turnips
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon pepper 1/4 cup heavy cream
4 tablespoons butter
1/2 cup shredded sharp cheddar cheese -- (or so), or 3 oz cream cheese

How to Prepare:

Preheat oven to 350f. Cut the stem end off each turnip and rub with oil. Wrap each tightly in foil and roast for 1 hour or until soft. Carefully scoop out most of the insides, leaving the 'shell' intact. Beat the insides w/remaining ingredients until smooth. Put back in shells and bake, uncovered, for 20 minutes or until nicely browned on top (place in a small baking dish for best results -so they are touching).
(Too carby? Instead of cutting off the stem end, just cut in 1/2 across the equator and follow same directions -you get 8 - 1/2 turnip servings instead of 4!)

Yum Yum Mashed Potatoes

CarbsPerServing:17 total recipe
Effort:Easy

Ingredients:

1 head cauliflower
1/4 cup almond meal
1/4 stick butter 1/4 cup heavy cream
salt and pepper to taste

How to Prepare:

steam the cauliflower till reasonably soft
mash with a potato masher or ricer
add the almond flour
add the butter
add the cream and water if a thinner mixture is desired
add salt and pepper desired
place contents in a food processor if you desire a creamier mash
****(this mixture can be diluted with more cream, water or chicken broth
for a good mock potato soup) add a cube of emmentaler, cheddar or whatever
cheese you like to bowl before pouring hot mock soup and top with fresh
cracked pepper mmmmmmm

Chinese Stir-Fried Greens

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

Any green leafy vegetable (spinach, cabbage, nappa cabbage, kale, swiss chard, etc.) about 1 lb.
3-4 cloves garlic hot red chile (optional)
oil
salt
MSG

How to Prepare:

Chop the vegetable in large pieces, wash in a large bowl, drain water. Cut garlic into large pieces. Cut red chile on diagonal, one or two slices is okay if the chile is very hot. Heat about 3 T. oil in wok until hot. Swirl the oil around with spatula. Add garlic and chile. Add about 1/2 t. salt. Stir briefly with spatula, don't let garlic brown. Throw in the vegetables. Stir briefly. Add more salt to taste, probably another 1/4-1/2 teaspoon. Add about 1/4 teaspoon MSG. Stir some more. If it is a very watery vegetable like Spinach you won't need to add any water. Other vegetables need some water. If it needs water add 1/4-1/2 cup. Tender, watery vegetables only need 1-2 minutes to cook, others like cabbage or kale may need up to 5 minutes, it also depends on how soft or crunchy you like them. Transfer to serving dish and eat immediately. Eat the garlic, too, it's yummy.

NOTE: I live in Taiwan and have tried to copy the fabulous taste of the vegetables here to no avail. My friend finally taught me the exact method and it's very important to follow this process as closely as possible. And unfortunately, the secret to the fabulous taste is MSG. You can leave out the MSG, of course, but be warned that your dish won't have a fraction of the flavor. And as a side note, if you can ever find a vegetable that in Chinese is called "Dragon Beard Vegetable" snatch it up, or grow it yourself, it's the best tasting green I've ever had.

Garlic Mashed

Serves:10
CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

1 head cauliflower

1/3 stick butter
1/2 pkg cream cheese garlic salt to taste (we use about 1/2 lid full)

How to Prepare:

cut cauliflower from head and put in microwave safe bowl with a small amount of water. Cover with plastic wrap and cook on high until soft. (I usually cook at 5 min intervals for 15 min total). Lightly mash the cauliflower, then mix with a hand mixer until smooth, all the while adding the butter, cream cheese and garlic salt. Creamy and delicious!

SWEETS

Hard Candy

Serves:for days

CarbsPerServing:0 carbs

Prep Time:3 minutes

Effort:Easy

Ingredients:

Jell-O 1 large package

1/2 cup of water 8 gelatine packages

How to Prepare:

mix jello and jelatine in bowl add water will not mix well at all but do your best..put on medium heat until melted. Take off heat. what I do is freeze it in the bowl I mixed it in until hard (5 min). Remove from bowl and cut into picese.. wait a few days it will get harder and harder...Lasts a long time and gets harder and harder from the air.. lasts for days

Coconut-Chocolate Fudge

Serves:18 squire

CarbsPerServing:4.5

Prep Time:less than 10 min.

Effort:Easy

Ingredients:

2 c. Splenda

3 tbs SF cocoa

1/2 c. butter 1/4 c. heavy cream or 1/2 n1/2

1/4 c. water 1 tsp vanilla

1/2 c. SF peanut butter

2-3 c. SF coconut

How to Prepare:

Mix Splenda, cocoa, butter, cream & water in sauce pan. Stirring constantly bring to rolling boil for 1 min. Remove from heat. add peanut butter & vanilla until melted. Stir in enough coconut until most of chocolate mixture is absorbed. Spread into PAM sprayed pan. Chill 2-3 hours.

Butterscotch Fudge

18 squares

CarbsPerServing:useable carbs about 1.9

Prep Time:5 min.

Effort:Easy

Ingredients:

1 c. heavy cream

8 oz cream cheese

2 tbs Splenda or 3 pkts Equal 1/2 c. SF peanut butter

1 small box SF butterscotch pudding (I use Jello brand)

How to Prepare:

blend until very smooth heavy cream, cream cheese & sweetner. Add peanut butter until smooth. Add pudding mix until smooth. Pour into PAM sprayed 7x11 pan. Chill 2-3 hours.

Good Fudgie Chocolate Candy

Serves:25 pieces,9

CarbsPerServing:5 grams/piece

Prep Time:10-15 mins

Effort:Easy

Ingredients:

20 pkts "Splenda"

1 pkg "cook to serve" sugar-free chocolate pudding

1 oz butter or margarine

1 can evaporated milk 1 pkg {8 ozs} unsweetened baking chocolate, any brand

How to Prepare:

Melt baking chocolate in Microwave {about 7 mins @ 40% power} in medium sized bowl.

Combine other ingredients in saucepan and cook according to pudding

directions.

Pour cooked pudding into melted chocolate, mix thoroughly, then pour into glass pie plate.

Refrigerate. Gets really firm. Makes good dark chocolate candy!

Low Carb Chocolate Treats

Serves:24,10

CarbsPerServing:.33 grams of carbs each

Prep Time:30 minutes

Effort:Easy

Ingredients:

1 8oz pkg cream cheese softened1 large box sugar free jello1 oz square unsweetened chocolate1 tbsp heavy cream1 pkg splenda1 tbsp butter

How to Prepare:

Mix first two ingredients together in a mixer...Mix well. Form into 24 balls. chill for 1/2 hourMelt together chocolate, cream, butter and splenda..Dip cream cheese balls in chocolate.Refrigerate for another 20 minutes.

Chocolate No Bakes

Effort:Easy

Ingredients:

2 Tbs butter
1/3 cup chunky peanut butter
2 Tbs cocoa powder
10 packets Splenda
1/3 cup ricotta cheese
1 tsp vanilla
1 Tbs cream

How to Prepare:

On a very low heat, melt butter and peanut butter. Mix in cocoa powder. Remove from heat. Add rest of ingredients and mix. Lay wax paper on cookie sheet then spoon mixture onto wax paper. (Usually makes 16) Refridgerate.

lower carb fudge

Serves:6 by 9 pan or pyrex,8,8,10

CarbsPerServing:48 total carbs

Prep Time:fast

Effort:Easy

Ingredients:

1/4 c. margarine or butter
2 oz unsweetened chocolate
24 packets Equal 1 tsp vanilla
1 (8oz)pkg cream cheese,
1/2 chopped nuts optional

How to Prepare:

melt butter over low heat. Add chocolate and stir until melted. Remove from heat and stir in sweetner and vanilla. combine chocolate mixture with cream cheese(softened)(don't use fat free) beat until smooth. Stir in nuts and spread in lightly greased 8 inch square pan .. Refrigerate until firm.

Gummi Jigglers

Serves:4,1

CarbsPerServing:0

Prep Time:15

Effort:Easy

Ingredients:

4 envelopes unflavored gelatin
14 Packets of saccharin 1/2 Cup Water-Cold
1/4 Packet of Kool-Aid Drink Mix Unsweetened

How to Prepare:

Add gelatin packets, Kool-Aid and saccharin together in a saucepan. Mix together. Pour in the water and stir over medium heat until melted. Pour the mixture into a shallow pan and place in the freezer for 10 minutes. Remove from the freezer and use cookie cutters to make jigglers!

Macadamia Nut Joys

Serves:6,10

CarbsPerServing:approx 6 (didnt take coconut carbs into this recipe)

Prep Time:20 minutes

Effort:Easy

Ingredients:

3 Ozs cream cheese softened
1/2 Cup unsweetened shredded Coconut
1-2 Tablespoons of Heavy Cream
1 Teaspoon Vanilla Extract
4-5 Packets of Splenda
12 Macadamia nuts For chocolate coating

2-Low Carb Dark Chocolate bars

1-Tablespoon of Heavy Cream

How to Prepare:

Using tin foil, make a little tray approx the size of 3 x 6 and give it a light coating of Pam or something similar.

Break up chocolate and add the cream and microwave for one min and stir to make sure its all melted. Take half of the melted choc and spread it on the bottom of the foil tray evenly. Place in freezer to get hard for about 10 minutes. While waiting, mix the softened cream cheese, coconut extract and Splenda and enough of the cream to make a workable dough. Take foil tray out and spread the "dough" mixture evenly over the top and place the Macadamia evenly so you can get 6 bars with 2 nuts each on them. Take remaining chocolate and spread evenly over the top. Place back into the freezer for about 2 hours and then cut into 6 equal portions. Store in freezer.

Just take and eat directly from the freezer!

Gummy Bears

CarbsPerServing:0g

Effort:Easy

Ingredients:

1 package sugar free jello -- any flavor
6 packages gelatin powder, unsweetened -- unflavored1/2 cup water -- cold

How to Prepare:

In a small saucepan, mix flavored and unflavored gelatin. Stir it up. Pour cold water in, stir with spatula until you have a gloppy-chunky blob, not unlike play-doh. Turn heat on medium, melt blob. Stir obsessively until melted. Pour into miniature bear molds. Stick in freezer for 10 minutes to cool. If you don't have miniature bear molds, do this: take the rack out of your toaster oven and put it on the counter. Drape a big sheet of aluminum foil over it. Cram the aluminum foil down into the gaps, leaving striplike molds. Presto! Gummy tapeworms. Yummy.

Yummiest Chocolate Candy

Serves:1,1,10

CarbsPerServing:38g carbs total

Effort:Easy

Ingredients:

4 tablespoons butter
2 ounces unsweetened
baking chocolate squares
2 tablespoons heavy cream18 Splenda packets -- or
equal
2 ounces nuts -- crushed (I
used macadamias and
walnuts

How to Prepare:

Melt butter and chocolate in
microwave or on low heat
on stove Stir in cream. Add
vanilla flavoring. Stir in
equal or Splenda. Add nuts
(crushed). Drop by
teaspoon onto foil or wax
paper, or you could pour
and cut to divide into
servings.

TRUFFLES

Serves:4,3

CarbsPerServing:15g carbs total

Effort:Easy

Ingredients:

<http://www.freeworldadvertising.com/>

1 pkg Strawberry -- cherry,
orange, or
raspberry sugarfree jello
2 cups water
1 cup heavy whipping
cream8 ounces cream cheese
1 square Hershey's
unsweetened baking
chocolate
1 teaspoon vanilla extract
artificial sweetner to taste

How to Prepare:

Prepare jello as directed
and chill to firm. In
microwave or double
broiler, melt chocolate
square. Add creamchesse
to soften. Stir. Remove from
heat and add vanilla and
sweetner until desired
sweetness. Allow to cool.
Whip cream until stiff
peaks
and add small amount of
sweetner. Fold firm jello
into chocolate mixture. Fold
in whip cream. Chill. This
recipe is really good without
the jello too, but i find it to
be incredibly rich and the
jello just makes it taste
yummier, like eating a box
of chocolates!

Okay, so its not really
truffles, but it tastes like
them.

NOTES : Counts for jello
and artificial sweetener not
included in totals.

Peppermint Patties

CarbsPerServing:16g carbs total
Effort:Easy

Ingredients:

1 stick butter
1 ounce unsweetened
baking chocolate
8 splenda packets2 teaspoons unsweetened
cocoa powder -- (2 to 3)
1 teaspoon peppermint
extract -- pure - to taste

How to Prepare:

Heat butter and chocolate in
microwave until liquid form;
try not to boil the mixture!
Mix well then add the
splenda
4 packages at a time. Mix
well! Add the cocoa to make
a
thicker consistency. I
usually use between 2 and
3 tablespoons.
Then add the peppermint to
taste. Start with a
little...taste
it and add more if you like!
Put in muffin tin with
papers, 1
tablespoon per paper. Any
leftovers add evenly. Put in
freezer
for at least an hour! YUM!!
The amount of carbs will
vary on
the amount of cocoa and
peppermint you use. On
average about
1.5 - 2 grams of carbs per

patty! ENJOY!

chocolate candy bar

CarbsPerServing:10g carbs total

Effort:Easy

Ingredients:

1/2 stick butter
1 tablespoon cocoa powder
-- hershey's dutch2 packages artificial
sweetener
1/3 cup walnuts -- broken in
small pieces

How to Prepare:

Melt butter over low heat.
Add cocoa, sweetener and
walnuts.

Mix well. Now you can put
the whole thing in the foil,
close and freeze
for about 30 minutes. It's
like a candy bar, crunchy
and chocolaty. You can
also freeze it in paper
muffin cups for small
portions.

CHOCOLATE NUT CLUSTERS

Serves:9

CarbsPerServing:6g carbs total

Effort:Easy

Ingredients:

1/2 oz unsweetened baking
chocolate
1/4 cup walnuts -- (or
pecans or Almonds)
1 tablespoon butter --
poster said 1 pat2 packages artificial
sweetener
2 cupcake papers

How to Prepare:

melt chocolate in
microwave til melted, add
butter and stir til melted and
smooth then the
Equal. mix in the nuts and
coat all of the nuts. divide
into the 2 papers and put
into the freezer for
15 minutes til set eat and
enjoy variation I add a
tablespoon of cream after
stirring the butter in and is
cooled a little for a like milk
chocolate taste. total carbs
vary to nut choice

BISCUITS

Chocolate Chocolate Chip Cookies

Serves:Makes 36 cookies

CarbsPerServing:~30 grams total

Prep Time:1 hr

Effort:Easy

Ingredients:

.8 cups Atkins Bake Mix
2 Tbl. unsweetened chocolate
1 tsp baking powder
3/4 tsp salt
1 stick (1/2 cup) unsalted butter
1/2 cup sugar (splenda)
3 large eggs
1 lb bittersweet chocolate
(I used 1 bag of LowCarb
Success sugar free semi-
sweet chocolate chips
plus 3 PureDelite dark

chocolate bars, because
that was what I had in my
kitchen)

How to Prepare:

Preheat oven to 350 degrees.
Stir together bake mix, cocoa and
baking powders and salt.

In a double boiler, melt 3/4 of the
chocolate and all the butter; stir
until smooth.

Remove chocolate mixture from
heat and stir in sugar. Mix eggs
in one by one. Combine with dry
ingredients and mix until just
combined. At this point, I mixed
in the additional chocolate chips,
though you may want to save
them to sprinkle on the dough
before baking.

Chill dough, covered in fridge, for
10-60 minutes.

Drop rounded tablespoon
measures of dough about 1 inch
apart on greased cookie sheet.
Stud cookies with additional
chocolate, if you didn't mix it into
the batter earlier.

Cook for 10 minutes. DO NOT
OVERCOOK!!! Cookies will have
a cake-like texture.

These are great for chocolate
lovers. I got the recipe off
Epicurious.com (originally from
Gourmet magazine) and altered
it slightly for us low-carb lovers.

Enjoy!

cream wafers

Serves:60 halves or 30 sandwiches
CarbsPerServing:Each cookie - 3g. Each sandwich w/ frosting -
7g.
Prep Time:none really
Effort:Average

Ingredients:

Wafers -
1 cup butter
1/3 cup heavy whipping cream
2 cups all-purpose flour
Splenda (packets or bulk) Creamy Butter Filling Butter Filling -
1/2 cup soft butter
10 - 12 Splenda packets or 3/4 cup bulk Splenda.
(You can use as much sweetener as you like...to taste)
Pink or blue tint (if you want to get festive!)

How to Prepare:

OK - First, make sure the butter is somewhat soft. Mix butter,
cream, and flour in a mixer until blended. Preheat oven to 375. Have
a shallow bowl of Splenda near by. Roll dough into 3/4" balls and
then roll in sugar. Place on an ungreased cookie sheet. Flatten with
a flat bottomed glass dipped in Splenda. Prick each cookie 4 times
with a fork. Bake for 7-9 minutes. Remove from pan promptly and let
cool completely before frosting. These taste spectacular with or
without the frosting.

Snickerdoodles II

Serves:30 cookies
CarbsPerServing:.53 per cookie
Effort:Easy

Ingredients:

1/4 cup Butter
1/4 cup shortening
3/4 cup DiabetiSweet or Spenda
1 egg
1 tsp vanilla
3/4 cup almond flour
1/2 cup Atkins bake mix
1 tsp cream of Tartar

1/2 tsp baking soda
1/8 tsp salt
1 TBL DiabetiSweet
1 tsp cinnamon

How to Prepare:

Preheat oven to 400. Mix all dry ingredients in a bowl, set aside. Cream butter, shortening, and sweetener in a large bowl. Add egg and vanilla, beat well. Add dry ingredients and mix well. In a small shallow bowl, mix DiabetiSweet and cinnamon. Using a teaspoon, roll teaspoon of dough into a ball then roll ball in cinnamon mixture then place on cookie sheet (use parchment paper if you have it). Bake for 7-9 minutes until golden brown. Let cool on cookie sheet before removing.

Cream Cheese Sugar Cookies

Serves:3 dozen cookies
CarbsPerServing:2 carbs per cookie
Prep Time:10 minutes
Effort:Easy

Ingredients:

1 cup Atkins Bake Mix
4 oz cream cheese
1 cup Splenda
1 tsp sf vanilla
1/4 tsp almond extract
1 cup butter
1 pinch salt
1 large egg (or 2 small)
1 tsp baking soda
Chopped Almonds

How to Prepare:

Cream butter, cream cheese, eggs, vanilla, Splenda, almond extract, salt, soda. Add Atkins bake mix until it is a consistency that allows you to roll. Roll into small ball and flatten into cookie and sprinkle with chopped nuts. Bake at 365 (about 8 minutes). These do not brown on top, watch carefully. They are easily crumbled. I also use these crumbled up for cheese cake crust!

Cinnamon Applesauce Bars

Serves:15
CarbsPerServing:11.5, appx 6 if oats omitted and use 4 C. almond flour instead
Prep Time:5-10 min.
Effort:Easy

Ingredients:

2 C. almond flour (meal)
2 C. oats
1 C. unsweetened applesauce
1 large egg
1 T. cinnamon
1 t. baking soda
1 C. Splenda
2 T. sugar free pancake syrup

How to Prepare:

Slightly beat egg and mix in applesauce and syrup. Mix in Splenda then add almond flour, oats, baking soda and cinnamon. Press into the bottom of a 9x13 pan and bake at 350 for 20 minutes.

KRAFT Super Easy Peanut Butter Squares

Serves:16,10,8
CarbsPerServing:3.2
Prep Time:5 minutes - 20 minutes baking
Effort:Easy

Ingredients:

½ cup Splenda
1 Egg1 cup Peanut Butter & Kraft Smooth

How to Prepare:

1. Mix together 1 cup of KRAFT Smooth Peanut Butter, ½ cup Splenda and an egg.2. Press into an 8 or 9 inch square pan. 3. Bake at 325F for 20 min. Do not over-bake!!! Makes 16 squares.

Total Grams of Carbs : 51
Total Calories: 1450
16 serves

Per Serve:

Total Grams of Carbs: 3.2
Total Calories: 90.5

Walnut Butter Cookies

Serves:5

CarbsPerServing:20g total

Effort:Easy

Ingredients:

8 packages artificial sweetener -- to taste
1 serving Creamcheese according to package
1 Serving Ricotta cheese according to package
1 ounce walnuts -- crushed
2 teaspoons cinnamon1 teaspoon vanilla
1/4 cup atkins bake mix
2 eggs
2 tablespoons butter

How to Prepare:

The bake mix and butter can be adjusted by using more or less of either according to your desired consistency of the batter.

Mix everything together and bake on a greased cookie sheet for 20-25 minutes or until browned (I usually flip them over halfway through so they don't get too done on the bottom). I set the oven (I cook them in a toaster oven) at 350.

The counts I'm giving you are approximate, not exact, but you can just add the carbs as you add the ingredients to the mix.

The cookies are a bit soft so they also make a good muffin mix if you have the tins. Enjoy.

NOTES : Counts for cream cheese and ricotta cheese not included.

Pecan Macaroons

Serves:7

CarbsPerServing:27g total

Effort:Easy

Ingredients:

1 egg white
1/2 cup artificial sweetener1 cup ground pecans

How to Prepare:

Beat egg whites until stiff peaks form Add Splenda Fold in pecans. Drop by tps. full onto greased cookie sheet. Bake at 375 until golden brown or about 8 - 10 minutes.

I usually triple this recipe. Original calls for 1/2 cup sugar. Very light and very good.

Meringue Cookies

CarbsPerServing:28g carbs total

Effort:Easy

Ingredients:

4 egg white
dash salt
dash cream of tartar
1 teaspoon vanilla2 tablespoons good
chocolate
1/2 cup nuts -- to 3/4 cup,
chopped
1/2 cup unsweetened
coconut meat -- finely
shredded

How to Prepare:

you need to be home (and patient)for at least an hour to make these

preheat oven to 275 butter
cookie sheet well

Beat egg whites until stiff
with dash of salt and dash
of cream of tartar
Add vanilla (or another
extract) In food processor
grate chocolate Chop nuts.
Mix chocolate, nuts and
coconut, then fold into
eggwhites. Make
Tablespoonsful into cookie
size drops on buttered
cookie sheet--they will not

change shape
or spread or anything---
Bake at 275 for 30 minutes.
DO NOT OPEN OVEN FOR
ANY REASON NO MATTER
WHAT OR THESE WILL BE
RUINED!!!!!! Turn oven off
leaving cookies inside for 2
(two) more hours WITHOUT
OPENING OVEN AT ALL!!!!!!

NOTES : Carbs for
chocolate not included in
above total - adjust
accordingly 15 carbs
included
for nuts.

Serving Ideas : there are
lots of great combinations,
and these are about 1 carb
per
cookie. you could add a half
a teaspoon of stevia to the
eggwhites, but I try to cut out
sweet everywhere I can.
Addiction, you know.

2 T butterscotch chips and
cashews
2 T dark chocolate and
walnuts
2 T white chocolate and
macadamias
2 T milk chocolate and
pecans
sometimes it is hard to
have the chocolate around. I
try to buy tiny
quantities of good
(expensive) stuff at a local
health/premium food co-op.

Low Carb Sugar/Chocolate Cookies

Serves:4,4
CarbsPerServing:11g carbs total
Effort:Easy

Ingredients:

1/2 Cup atkins bake mix --
or any low carb flour
substitute
1/2 teaspoon baking soda
1/4 teaspoon salt
1/8 cup artificial sweetener
-- 10-12 packets
1/2 Cup butter
1/3 Cup brown sugar twin
1/2 teaspoon vanilla extract
1 egg
1 teaspoon unsweetened
cocoa -- optional

How to Prepare:
Preheat Oven to 375.F deg.

Mix flour, salt, and baking
soda in one small bowl.
In another bowl, blend
together butter, sugars, and
extract until creamy with
electric mixer.

When creamy, add egg to
mix and beat again until
even more creamier.
Gradually add dry mix into
the
wet mix bowl and continue
to beat until dough like.

Optional: Add cocoa into
mix and beat well.

Plop onto greased (I use

Pam) cookie sheet, flatten out if you want to and bake for 15-20 minutes. Take out when done and let sit for another 5 minutes. Makes about 12 2x2in cookies.

I got this recipe from the back of chocolate chip bag and switched some of the ingredient to its low carb equivalent. It tastes really good but it never hurts to add more sugar sometimes.

Linzertorte Bars

CarbsPerServing:33g carbs total

Effort:Easy

Ingredients:

1 1/2 cups almond flour --
(or hazelnut or walnut flours)
3 tablespoons artificial sweetener -- splenda
1/2 cup artificial sweetener -- splenda
1 cup Zero Carb Carbolite Bake mix
1/2 teaspoon baking powder
1/2 teaspoon cinnamon 1/8 teaspoon ground cloves
1/8 teaspoon salt
3/4 cup butter -- room temp (12 T)
3/4 teaspoon vanilla extract
2 egg yolks
4 tablespoons preserves, apricot -- or raspberry or strawberry

How to Prepare:

Preheat oven to 350degrees. Line a 9" square baking pan with aluminum foil. Butter the foil.

Stir together the Nut Flour and 3 T splenda. In a separate bowl, sift together Carbolite bake mix, baking powder, cinnamon, cloves and salt. Set both mixtures aside.

Combine the butter, 1/2 c. Splenda and the vanilla in a large bowl. Using an electric mixer set on high speed, beat until light and fluffy. Add the egg yolks and beat until fluffy. Reduce the speed to low and add the nut and flour mixtures and mix until just blended (it will be crumbly-ish)

Spread 1 3/4 c of the batter into the prepared pan. Top with a thin layer of preserves, leaving a 1/2 inch border. Spoon the remaining batter into a pastry bag fitted with a 1/4" plain tip. Pipe the batter in a lattice pattern atop the preserves. (I made little ropes of batter and laid them on top). Refrigerate for 20 min.

Bake until the preserves begin to bubble and the

crust is just firm to the touch, about 40 min. let cool in pan on wire rack.

Using the foil, lift the sheet from the pan. Peel back the foil sides. Cut into 20 squares. Sprinkle a little Splenda on top (lift you would powdered sugar). Makes 20 bars.

NOTES : Counts for bake mix and preserves not included in totals. I found apricot preserves at 6g per T - total 24g.

Lemon Bars

Serves:8,8

CarbsPerServing:42g carbs total

Effort:Easy

Ingredients:

Crust

1 cup Atkins Bake Mix --
(Sorry -soy flour would be too heavy...)
1 stick butter -- softened
1/4 cup artificial sweetener
-- splenda

Filling:

3 eggs
1/2 cup artificial sweetener
-- splenda
4 tablespoons lemon juiceTopping
1 tablespoon artificial
sweetener -- splenda
3 ounces cream cheese
1 tablespoon lemon juice

How to Prepare:

Put these 3 things in a food processor and process in pulses until crumbly. Press into a 9X13X2 cake pan that has been sprayed with Pam. Bake in a preheated 350f oven for 15 minutes or until just browned. Let cool while you prepare the filling.

Beat these 3 ingredients together well. Pour over slightly cooled crust and put back in oven for 20 minutes or until set (depends on your oven - may take as long as 30 - watch carefully). This is not as thick as traditional lemon bars -but you *could* double the filling ingredients if you're bold;)).

Allow to cool - then blend:

And drizzle over bars.
Makes 24 3"x1 1/2"
bars(approx)

Freezer Cookies

CarbsPerServing:4g carbs total

Effort:Easy

Ingredients:

1/2 cup heavy cream
1 tablespoon sugar free
pudding or mousse mix2 teaspoons artificial
sweetener -- or less

How to Prepare:

Whip that cream nice a

fluffy, THEN add your
pudding mix (gets hard fast)
the splenda if needed
I used 1 tsp, freeze on a
cookie sheet on wax paper.

Same idea as other similar
recipes, but less carbs. No
bitter aftertaste
from the cocoa powder too.

14 big 'cookies'
NOTES : Carbs for pudding
or mousse mix not included
- adjust accordingly

Cool Cookies

Serves:10,10,8
CarbsPerServing:13g carbs total
Effort:Easy

Ingredients:

2 cups heavy whipping
cream1 serving sugar free
chocolate pudding

How to Prepare:
Whip whipping cream until
thick consistency (sorta like
cool whip) blend in the
pudding mix drop on cookie
sheet by teaspoon, put in
freezer until frozen, then
store in a freezer bag

Makes about 50 "cookies"
NOTES : Carbs for pudding
not included in above total
due to unknown quantity -
adjust accordingly

chocolate Praline Bar

Serves:8
CarbsPerServing:6g carbs total
Effort:Easy

Ingredients:

1 ounce unsweetened
baking chocolate -- or
semisweet
2 ounces Unsalted Butter
4 tablespoons Peanut
Butter1 tablespoon heavy cream
-- to taste, optional
Splenda to taste (optional if
using semisweetened)
4 ounces nuts -- ground or
finely chopped in grinder

How to Prepare:
Melt chocolate in Microwave
and stir, add butter and PB,
melt and stir to combine.
Heat only until just melted.
Add cream and Splenda if
using. Grind nuts and stir
in.

Spread into large thin slab
on baking paper on a tray
and freeze for a couple of
hours. Cut into small
squares and store in bag or
box.. I get at least 40
squares less than 0.5g
each ! They are very rich so I
just find 1 or 2 a night are
enough to satisfy my sweet
craving. I eat them straight
from the freezer, they keep
their crispâ that way.

Notes for UK dieters
(Sainsbury's Luxury
Continental Belgian Dark

has 24g for whole 100g
bar).
Waitrose's only has 32g so
it's not bad and I find I do
not need the Splenda with
it. Lindt 85% Excellence is
also good
NOTES : Counts for
Splenda not included in
totals.

CHOCOLATE CRUNCH BAR

Serves:1
CarbsPerServing:27 total recipe
Effort:Easy

Ingredients:

4 oz unsweetened chocolate
16 pks sugar twin
2 oz crushed pork rinds

How to Prepare:

melt chocolate in microwave
add sugartwin and microwave about 1 1/2 mins
add crushed pork rinds
put into pan and let set up
cut into 1 inch squares
makes about 30 pieces

EGGS AND BREAKFAST

Coconut Breakfast Bars

Serves:8 generous portions
CarbsPerServing:Don't know
Prep Time:20 mins.
Effort:Easy

Ingredients:

4 large eggs
1 cup heavy cream
1 cup water
3 tsp. vanilla
2 scoops vanilla whey protein powder1 cup almond flour(grind almonds
in blender)
1 cup Splenda
1 cup unsweetened coconut

How to Prepare:

Place all ingredients into a large bowl. Stir until well combined.
Pour into a greased(I use Pam)9x13 casserole.
I sprinkle splenda sweetened coconut on top,also.
Bake for approx. 1 hour at 350 degrees until golden brown.

Yummy Yoghurt Muesli

Serves:1-2
CarbsPerServing:2g
Prep Time:3 minutes
Effort:Easy

Ingredients:

3 TBL spoons strawberry yoghurt1/3 cup of muesli

How to Prepare:

Put the muesli into a breakfast bowl and then scoop in the yoghurt
and mix it all around until evenly distributed, and wa-la!

Awesom Quiche Lorraine

Serves:12
CarbsPerServing:2g
Effort:Average

Ingredients:

2 tbs. butter
1/2 cup chopped yellow onion
1 cup sliced fresh button mushrooms
2 eggs
2 egg yolks
1 1/2 cups half-n-half
2 tbs. sour cream1/2 pound bacon, cooked crisp, drained & crumbled
1/4 pound (1 cup) shredded swiss cheese
1 tsp. Dijon mustard
1/2 tsp. coarse salt
1/4 tsp. freshly ground pepper
1/8 tsp. cayenne pepper

How to Prepare:

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Preheat oven to 350 degrees F. Lightly coat a quiche pan or a 1 1/2 quart baking dish with a nonstick vegetable spray. Set aside. Melt butter in a medium skillet over medium heat. Add the onion and saute' for 3 min., stirring occasionally. Add the mushrooms and cook for 3 min. or until softened, stirring occasionally. Set aside.

Combine the eggs, egg yolks, half-n-half and sour cream in a medium bowl. whisk until well blended. Add the cooked onion mixture and the rest of the ingredients and blend well. Pour the mixture into the prepared pan. Bake for 40 to 45 minutes or until set in the center and golden brown on top. Cool at least 10 minutes before serving.

Broc-shroom Quiche

Serves: 4 - 6
CarbsPerServing: 22 total
Prep Time: 10 min
Effort: Easy

Ingredients:

1/2 cup diced onion
a cup of broccoli flowerets (cut up pretty small)
1 cup minced fresh mushrooms
1 tbsp olive oil
5 eggs
10 oz Half&Half
1 and 1/2 cup shredded Swiss cheese

How to Prepare:

saute left column in olive oil, (place in pie pan or glass oven ware sprayed with non stick spray - a 9x9 pyrex pan works real well and its easy to serve.)
beat eggs and add half and half and the cheese
season to taste, Pour on top of veggies and bake @ 350 40 minutes.
Diced ham works well in this too.

Meat Lovers Quiche (EASY & CRUSTLESS)

Serves: 6-8 people
CarbsPerServing: 1-2 per slice
Prep Time: 5 mins to make, 40 mins to cook
Effort: Easy

Ingredients:

5 eggs
1 cup heavy cream
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. seasoning salt
dash of oregano
4 turkey sausage links (cut into pieces)
3 pieces of bacon (cut into pieces)
1/4 cup mushrooms
1/4 cup of cheese (your choice)

How to Prepare:

Mix eggs and heavy cream until blended. Add all ingredients except cheese in the bowl. Pour mixture into pie pan (I did spray mine with PAM) Crumble cheese over top! Bake at 350 degrees for about 40 mins!

Scotch Eggs 2 die For

Serves: 5
CarbsPerServing: 2
Prep Time: 40 mins
Effort: Easy

Ingredients:

1 tube of jimmy dean breakfast sausage (I like the HOT)
5 peeled dry hardboiled eggs
1/2 cup pork rind crushed to a powder
1/2 cup shredded cheddar Cheese
1/4 cup chopped Jalepenos or mild banana peppers (optional)
1 tsp Garlic powder

How to Prepare:

Mix all ingredients together like you would for a meatloaf, take 2 clumps of the meat mixture and press them out flat and thin about 1/4 inch.. tke your hard boiled egg and place it between the 2 patties and seal the egg inside and roll it like a meatball and make sure its sealed inside. Repeat with the rest of the eggs.. I find this is enough meat for 5 Jumbo eggs you might be able to make 6 or 7 with smaller eggs.. place "meatballs" in a baking pan and bake at 350 for 30 mins.. They might split while baking but thats ok still tastes the same.. store in the fridge for a nice grab and go breakfast just microwave for 30 seconds to reheat! Also great topped with a spoon of Salsa! Try em youll love em!

French Toastless

Serves:1

Prep Time:10 minutes

Effort:Easy

Ingredients:

2-3 eggs

2-3 Tablespoons heavy cream

dash salt 2 dashes cinammon

1/2 teaspon vanilla

How to Prepare:

Blend or whisk well all the ingredients. Cook in a buttered skillet on medium to medium-high heat (I like it to turn out to be kind of dry) for 2-3 minutes each side. Serve with butter and/or low-carb syrup and/or a sprinkling of Splenda.

Breakfast Crepes

Serves:depends on pan size

CarbsPerServing:about 4.5 total in the batter

Prep Time:5-10 min

Effort:Easy

Ingredients:

3 Lg. Eggs

2T. Atkins Bake Mix

1/2t. Cinnamon

1/4t. Nutmeg

1/4t. Splenda 1T. Heavy Cream

1T. Water

2T. Butter

Splash of Vannila

How to Prepare:

I found this recipe on atkinscenter.com

but have made some changes, it was called 'Crepes with Curried Seafood Filling'. Mix all ingredients well. Making sure to get all the lumps out, til the batter is thin and smooth. Melt some of butter in fry pan of your choice, over medium heat. Add a small amount of batter, while turning the pan around to evenly coat the bottom. Cook until it is lightly browned, about 1 minute. Flip over to finish cooking other side. Yummy! Would also work without spices, Splenda, and vanilla, to use as tortilla. Please e-mail me with any questions. elliottp1130@hotmail.com

No-Crust Sausage Casserole

Serves:4 to 6

CarbsPerServing:Unknown, but very few

Prep Time:20-25 minutes

Effort:Easy

Ingredients:

1 lb. ground sausage (browned)

Sliced sharp cheddar cheese (approx. 4-6 oz.)

Shredded sharp cheddar (approx 1 1/2 cups)

10 eggs beaten w/ 1/4 cup half & half 1/2 cup sour cream

1/2 teaspoon paprika

1/2 teaspoon dry mustard

1 teaspoon salt

How to Prepare:

Line bottom of 10 X 13 pan with sliced cheese. Mix sour cream with paprika, dry mustard, and salt. Spread over cheese. Crumble browned sausage evenly over sour cream mixture. Pour beaten eggs on top of sausage. Top with shredded cheese to taste. Bake at 325 for approx. 45 minutes for glass dish. (This recipe can be halved and baked in an 8 X 8 pan for 30 minutes if only serving 2 people.)

Pickled Eggs / Red Beet Eggs (PA Dutch)

Serves:varies

CarbsPerServing:minimal

Prep Time:30 mins

Effort:Easy

Ingredients:

2 cans of beets w/juice (sliced, whole, etc)

5 packets (or more to taste, you can add more later) Splenda

1 C water

3/4 C cider vinegar

3 bay leaves

2 tsp mustard seed

1.5 tsp salt

1 tsp ground cinnamon

1 tsp whole allspice

1/2 tsp ground cloves

1/2 tsp ground allspice

1/2 tsp celery seed

1 doz small peeled and cooked hard cooked eggs

How to Prepare:

Put all ingredients except the eggs into a sauce pan. Bring to a boil. Simmer for 10 minutes. COOL COMPLETELY. (If you don't and add the eggs, you will get a totally inedible egg). Refrigerate for two days. Then enjoy!

Note: I have left out ingredients I didn't have at various times. I've substituted Coleman's mustard powder for the seed, omitted allspice, celery seed, etc. And they've been fine.

If the solution after cooled tastes too vinegar like, add more splenda to cut the vinegar taste.

Deviled Ham Stuffed Eggs

Serves:2,4

CarbsPerServing:don't know

Prep Time:20 mins

Effort:Easy

Ingredients:

8 hard-cooked eggs

1/4 canned deviled ham spread

1/4 c. finely chopped green onions

1/4 c. pickle relish1/3 cup finely chopped celery

1/3 cup mayonnaise

1 teaspoon mustard

1/8 teaspoon salt

1/8 teaspoon pepper

paprika to taste

How to Prepare:

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork.

Add the next eight ingredients; mix well. Stuff mixture into egg whites. Refrigerate until serving. Sprinkle with paprika.

Pepperoni Cheese Bake

CarbsPerServing:don't know

Prep Time:20 mins

Effort:Easy

Ingredients:

2cups (8oz.)shredded mozzarella cheese

1/2 cup diced pepperoni5 eggs

3/4 cup cream

1/4 teaspoon dried basil

How to Prepare:

In a greased 9in pie plate, layer cheese and pepperoni.In a bowl, whisk the eggs, milk, and basil;pour over the cheese.. Bake at 400 for 20-25 mins or until a knife inserted near the center comes out clean. Let stand for 10 mins before cutting.

Super Scrambled Eggs

Serves:3,7

CarbsPerServing:1

Prep Time:5 minutes

Effort:Easy

Ingredients:

6 eggs

2 tablespoons butter

1/4 cup mushroom, sliced

1/4 cup onion, sliced thin

rosemary

thyme

parsley

oregano

salt

pepper

How to Prepare:

Heat pan, with butter.

Saute onions until soft.

Add mushrooms, stir and saute until cooked through.

Scramble eggs in bowl, adding herbs and seasonings to taste. Add to pan, mixing with onions and mushrooms, scrambling until cooked through. Serve.

Eggs 'Mockmuffin'

Serves:1-2 'muffins' per serving

CarbsPerServing:unsure

Prep Time:20 minutes
Effort:Easy

Ingredients:

10-12 eggs scrambled
1 lb. sausage, cooked and crumbled
Shredded Cheese
Sliced mushrooms
Green Onions, chopped

How to Prepare:

(I found this long ago, without an author). Preheat oven to 350 degrees. Spray a large 6-muffin pan with Pam. Mix cooked sausage with mushrooms and fill each muffin tin 2/3 full. Pour scrambled eggs to within quarter inch of rims of muffin tins. Top with shredded cheese and green onions. Bake in oven for 20-30 minutes. They are done when a toothpick comes out clean. Cool a few minutes, then pop out of muffin tin. Freezes well if they last that long. Reheat via microwave for 20-30 seconds.

Jello-Cream Mold

Serves:6-8

Effort:Easy

Ingredients:

2 packages sugar-free jello
1 8 oz. cream cheese
1 cup heavy cream
2 cups boiling water

How to Prepare:

Dissolve jello in 2 cups boiling water. Pour into blender with cream cheese & cream. Blend well. Pour into mold. Refrigerate overnight. Unmold and serve.

Eggs in Basket

Serves:3,6

CarbsPerServing:4.5

Prep Time:10 minutes

Effort:Easy

Ingredients:

6 Eggs
6 Slices Virginia Ham
Butter as needed
6 mushrooms chopped
3 scallions chopped
3 tlbs sour cream

How to Prepare:

Saute mushroom and scallions in butter til tender
Add sourcreams and cook over medium heat til thickened. Coat muffin tin with butter and line with Virginia ham, place 1 tlb spoon of mushroom mixture over ham and break egg over mixture. Bake in 350 degree oven for approx 10 minutes

Green Eggs and Ham

Serves:1

CarbsPerServing:5-8

Prep Time:15 mins

Effort:Easy

Ingredients:

2 eggs
1/4 - 1/2 avacado
salt and peppers
slices of ham
(or bacon)

How to Prepare:

Hard boil the eggs and mash or chop them up while still warm. Mix with the avacado to make a green egg salad. Add salt and pepper to taste. (You can also add a little cream.)

Lightly fry the slices of ham and serve with the egg salad.

I like to use the egg salad chilled and roll it up in slices of cold ham like a crepe.

The kids will love it!

swiss canadian bacon and eggs

Serves:4,10,5

CarbsPerServing:4

Prep Time:a few mintues

Effort:Easy

Ingredients:

8 large eggs
1/4 cup milk
1/2 tea. salt
1/4 tea. pepper
1/3 cups finely chopped green onion, divided
4 oz swiss cheese

How to Prepare:

preheat broiler.in medium mixing bowl whisk together eggs, milk, salt and pepper until well blended. Stir in all but 2 tbl onionsplace 12" skillet over med-low heat until hot. coat skillet with cooking spray, add egg mixture. cover tightly; cook 14 min or until almost setarrange bacon in pinwheel on top of egg mixture. top with cheese;place under broiler 2 min or until cheese is bubbly; top with remaining 2tbls onion. cut into 4 wedges serve immediately

Pancakes or Waffles - No Pork Rinds

Serves:Single but plenty!

CarbsPerServing:6.6 without cream; 10.6 with cream

Prep Time:6 minutes

Effort:Easy

Ingredients:

1/2 cup Atkins Bake Mix;

1/4 cup FlaxSeed Meal (I used Bob's Red Mill w 0 net carbs);

1/4 cp Splenda (their website says the body does not recognize it as carbs);

1 egg- beaten;

3/4 cup water;

1/4 cup canola oil;1/2 tsp soda;

1 tsp baking powder;

1/4 cup heavy whipping cream (optional- if used add 4 GR);

1 tsp vanilla extract;

1 tsp maple flavoring.

Substitute any other flavorings/extracts for your taste. ie: cinnamon, etc.

How to Prepare:

Heat griddle with oil or waffle iron. Whisk together all ingredients in a medium bowl adding the water small amounts at a time until you get the consistency needed. (After the batter sits for a few minutes, you might have to add a little more water.)

Spoon onto griddle or waffle iron. Cook until crisp.

Serve with butter, cinnamon and/or lo-carb syrup but remember to add any additional carbs from the syrup.

Crustless Quiche Lorraine

Serves:6,9,5,10

CarbsPerServing:5

Prep Time:20 min

Effort:Average

Ingredients:

5 eggs -- beaten

1 1/2 cups half & half or heavy cream

5 green onion -- snipped with scissors or small chopped onion

¼ green pepper chopped

1/2 cup spinach frozen or fresh

1/4 teaspoon salt

1/8 teaspoon pepper

3/4 cup bacon fried & crumbled

1 1/2 cups cheese –your choose Cheddar, or Monterey, Swiss etc

How to Prepare:

Preheat oven to 350*

In lg. bowl beat eggs, add cream, mix. Add all other ingredients and mix

well. Pour egg mixture into a greased 9" or 10 " pie plate.

Place pie plate into a large baking dish and pour HOT water into the dish

around the pie plate to a depth of 1 inch. Bake quiche in the oven

for 50

min. or until a knife inserted near center comes out clean. Remove from

oven. Let stand for ten min.

scrumptious lo carb omlette

Serves:1,9,9

CarbsPerServing:less than 4

Prep Time:5 min

Effort:Easy

Ingredients:

jimmy dean pre cooked sausage patties(2)

2 eggbeaters

2 tbl. ricotta cheese

<http://www.freeworldadvertising.com/>

1/2 slice baby swiss
1 tbl butter
1 tbl maries chunky feta cheese salad dressing
1/2 cup fresh baby spinach

How to Prepare:

micro. saus per pkg instr.chop up and set asside.place butter in skillet and heat.pour eggbeaters into skillet and cook,add sausage, ricotta,spinach & swiss then fold into omlette.top with sauce &

serve

Confetti Scrambled Eggs

Serves: 2, 7

CarbsPerServing:5.85 total

Effort:Easy

Ingredients:

3 eggs
1 Tbsp butter or olive oil
2 Tbsp chopped onion
2 Tbsp green bell pepper
1 Tbsp red bell pepper
2 ounce cheddar cheese
2 Tbsp chopped tomato (or salsa)
1 Tablespoon bacon bits

How to Prepare:

In a small pan, melt butter (or add olive oil), add onion and bell pepper. Cook til veggies are tender, add eggs. Scramble til eggs are partially set, add the cheese.

Once done, remove from pan. Sprinkle the tomato and bacon bits over the top.

Very pretty and delicious eggs!

Egg-in-a-pot

Serves:1

Prep Time:30 mins

Effort:Easy

Ingredients:

1 whole egg
heavy cream
0.5 oz ham, sliced in small strips
0.5 oz grated cheddar
any (fresh) herbs to taste
salt
pepper1tsp olive oil

How to Prepare:

grease an ovenproof ramekin with the olive oil.
Carefully break the egg into the ramekin, taking care not to break the yoke.
add the ham and cheese and any herbs if you want. Top up with the heavy cream to about a third of an inch below the rim of the ramekin. Bake in a preheated oven of 350 degrees for about 20-25 minutes. Very good with celery sticks to dip in the egg!!!

Maple Syrup Sausages

CarbsPerServing:no added carbs to regular sausage amount

Prep Time:about 30 seconds extra!

Effort:Easy

Ingredients:

Sausage Patties (turkey sausage is GREAT!)Sugar-Free Syrup

How to Prepare:

After cooking sausage patties simply put one SMALL drop of SF syrup on each side & brown ~ they will sizzle a lot as the main ingredient is water. The flavor really cooks into the outer layer. This is a super way to add the flavor to your breakfast without having too much (cold) SF syrup. Yummy!

Sausage Gravy

Ingredients:

One roll of any breakfast sausage

Approx 1/4 cup of water

1/2 teaspoon guar gum if necessaryOne pint of heavy whipping cream

one egg

salt and pepper to taste

How to Prepare:

In a large skillet fry sausage until done. Do not remove any of the grease from frying. Turn down to low heat. In a separate bowl whisk heavy cream and one egg together. Add to the pan of sausage. Salt and pepper to taste. You may need to add a small amount of water if it becomes too thick. Serve over low carb biscuits or eggs. Entire recipe should be about 6-7 carbs or less and is wonderful.

BLT Ranch Omelet

Ingredients:

2 each large eggs
1 tablespoon water
2 tablespoons shredded cheddar cheese
3 slices bacon -- cooked crisp and crumbled

1/2 small tomato -- sliced thin
1/2 cup shredded lettuce
1 tablespoon mayonnaise
1 tablespoon salsa

How to Prepare:

Beat eggs with a fork and add water, beat again to mix. Add salt and pepper if desired and beat into egg.

Heat bacon drippings and pour egg mixture into small, non-stick pan.

Cook over low heat until set and no longer wet looking. Pile bacon, cheese, lettuce and tomato on one half and flip the other half over to cover. Remove from heat and cover pan for 30 seconds to melt cheese.

Mix salsa and mayo and spread over omelet.

*Lettuce can be placed on plate under omelet instead if desired.

Breakfast BLT Roll-ups

Serves:1,8,10,8

CarbsPerServing:(3g net carbs)340 Calories (kcal); 31g Total Fat; (79% calories from fat); 14g Protein; 4g Carbohydrate; 1g fiber;51mg Cholesterol; 565mg Sodium
Prep Time:5 minutes
Effort:Easy

Ingredients:

4 each romaine lettuce leaves
1 tablespoon mayonnaise
3 slices bacon -- cooked crisp and crumbled

4 tablespoons shredded cheddar cheese
1/2 small roma tomato -- diced

How to Prepare:

Shred 2 of the romaine leaves. Mix shredded lettuce, mayo, cheese, bacon and tomato. Add a little salt and pepper to taste.

Fill remaining 2 romaine leaves w/mixture, fold and enjoy.

Wonder Waffles

Serves:you get two waffles about 4x4 from

it

CarbsPerServing:6.5 carbs
Effort:Easy

Ingredients:

I got this from another sight and tried it, it is so good.

Haven't tried it with any zero carb syrup yet. Just butter or cream cheese4 large eggs

2 Tbls. heavy cream
2 Tbls. water (0 carbs)
1 Tsp. vanilla extract
2 Pkt. Splenda (or 2 tsp. powdered Splenda)
2 or 3 ounces of crushed pork rinds
1/4 Tsp. ground cinnamon
3 Tbls. melted butter

How to Prepare:

Beat the eggs then add the cream, water, and vanilla extract and beat some more. Mix the Splenda with the cinnamon and then add that to the eggs. (Mixing the cinnamon with the Splenda before adding helps to keep the cinnamon from clumping up as much.) When well blended mix in the ground pork rinds.

Let the mixture sit for a couple of minutes until it thickens. Then stir and check the consistency. It should be quite thick, but not too thick to spoon easily. If too thick, add a little water. If too thin, add a little bit more pork rinds. Just before you're ready to put into waffle iron, stir in about 2/3 of the melted butter.

Mock Danish (stovetop)

Serves:1,8,8

Prep Time:10 minutes
Effort:Easy

Ingredients:

3 oz cream cheese
1 egg, beaten
1/4 tsp vanilla extract
dash of cinnamon
1 packet Splenda

How to Prepare:

Heat the cream cheese in a small saucepan at low-medium heat till it is melted and creamy, stirring constantly. Then, add the beaten egg, and begin whisking the mixture to really mix it well. It will

thicken as it cooks. Continue whisking it, to keep it smooth. When it starts to thicken, add the sweetener and seasonings. Let it cook until it is very thick, thicker than pudding. When it holds its shape on a spoon, it's done. Chill and eat.

Bacon cheese sandwich

Serves:As many as you want,4,2
CarbsPerServing:.6 per Atkins roll.
Effort:Easy

Ingredients:

Atkins new Diet Rev.Roll(.6c)
Bacon (0c)Cheddar cheese(0c)

How to Prepare:

fry a some bacon. Do not fry crisp. Take your "roll" lay bacon across top till covered. Then sprinkle cheddar cheese on top. Bake in oven till cheese is melted.

Mediterranean Frittata

Serves:6,10,10
CarbsPerServing:approx. 6
Prep Time:10 min
Effort:Easy

Ingredients:

8 pitted kalamata olives (black olives will do in a pinch)
1 med. zucchini, cut into 1/2" cubes (about 2 cups)
1 sweet red pepper, diced
1/2 cup chopped onion
1/4 cup olive oil9 large eggs, lightly beaten
1/2 (4 ounce) package crumbled feta cheese
1/3 cup thinly sliced fresh basil
1/2 tsp salt
1/2 tsp freshly ground pepper
1/3 cup freshly grated Parmesan cheese
basil sprigs for garnish

How to Prepare:

Cook first 4 ingredients in hot oil in a 10" ovenproof skillet over med-high heat, stirring constantly, until vegetables are tender.

Combine eggs and next 4 ingredients; pour into skillet over vegetables. Cover and cook over med-low heat 10 to 12 minutes or until almost set. Remove from heat, and sprinkle with Parmesan cheese.

Broil 5 1/2" from heat (with electric oven door partially opened) 2 to 3 minutes or until golden. Cut frittata into wedges; garnish, if desired. Serve warm or at room temperature.

BREAKFAST EGG CASSEROLE

Serves:serves 9,1,10,9
CarbsPerServing:whole recipe 10-15 (?) depends on what all you use
Prep Time:5 mins prep, 20-30 cooking
Effort:Easy

Ingredients:

6-12 EGGS
1/2 CUP CRUMPLED BACON
SALT AND PEPPER TO TASTE
GARLIC POWDER TO TASTE1/4 CUP ONION
1/4 CUP HOT PEPPERS (OPTION)
1/2 CUP BROCCOLI (OPTION)
2 TBSP HEAVY CREAM

How to Prepare:

IN A 9X13 PAN MIX ALL WITH A WHISK....BAKE AT 350 FOR 20-30 MINS
DEPENDING ON HOW MANY EGGS.... WHEN DONE SET SLICES OF CHEESE TO MELT... WHEN COOL SLICE INTO 9 SLICE AND FREEZE THE REST FOR ANOTHER DAY

Sweet Induction Breakfast

CarbsPerServing:5g total
Effort:Easy

Ingredients:

1/2 tablespoon butter
2 eggs
2 packets artificial sweetener2 tablespoons cream cheese
1 teaspoon heavy cream
1/2 teaspoon vanilla

How to Prepare:

Heat frying pan and allow butter to coat the bottom. Mix the 2 eggs with a packet of sweetener in a small bowl and pour into frying pan. DO NOT STIR EGGS--let them cook like an omelet.

In another small bowl mix the cream cheese, heavy cream, vanilla and a packet of sweetener.

When the eggs are cooked, you can let them cool before adding the cream mixture or let the mixture melt slightly onto the warm eggs. Gently spread the cream mixture to cover the eggs (like tomato sauce on a pizza). Using a spatula roll the egg "crepe" together like a jelly roll. Enjoy!! Makes a nice snack or dessert, too!

Porridge (Cooked Oatmeal) Equivalent

CarbsPerServing: counts not provided
Effort: Easy

Ingredients:

1 egg
2 teaspoons protein powder -- soy, unflavored
half and half 1/4 cup powdered nuts (macadamia -- walnut, whatever)
sweetner

How to Prepare:

As a note, just put the nuts into a blender and let it run enough to chop them into a coarse powder.

Mix the protein powder and the egg in a small mixing bowl. Add an equivalent volume of half and half, or cream. Mix. Put the bowl in the microwave and cook on high for 1 1/2 minutes. Mix again, and cook for 1 minute. Adjust the time so that the mixture is cooked and not runny. Mix again until it has the consistancy of porridge.

Mix in the nuts. Add sweetner to taste, and add half and half as typical on porridge. The result is pretty adequate with a slight eggy taste.

Banana Nut Porridge

CarbsPerServing: 5g carbs total
Effort: Easy

Ingredients:

2 Eggs
2 tablespoons water
2 tablespoons heavy cream
2 teaspoons sweetener
1 tablespoon psyllium
husks 1 tablespoon butter
1/2 cap vanilla flavoring
1/2 cap banana flavoring
1 good shake cinnamon
1 light shake nutmeg

How to Prepare:

Beat all the ingredients,
leaving 1 tbl cream and 1
tsp sweetener as topping.

Melt the butter in a skillet
over medium heat, pour in
the egg mixture. Fold about
3 or 4 times. When the
eggs just set, remove from
heat & then put into bowl.

Sprinkle the remaining
sweetener & add cream
over the top.

In OWL a tbl of chopped
Walnuts is nice.

NOTES : Counts for
psyllium, vanilla, banana,
cinnamon and nutmeg not
included in totals.

Sweet Cinnamon Pancake

Serves: 10, 10
CarbsPerServing: 5g carbs total
Effort: Easy

Ingredients:

2 eggs
1 ounce cream cheese
2 splenda packets -- (2 to 3) 1 teaspoon heavy cream
1 teaspoon cinnamon -- (1
to 2)
butter

How to Prepare:
Melt cream cheese in microwave. Mix in eggs, splenda, cream and cinnamon. Melt butter on a frying pan and pour mixture in. Fry on both sides until brown.

TIPS - Try to get the pancake as flat as possible and brown it well, this will "disguise" the eggy taste and texture.

Top with butter and low-carb syrup.

This is EXCELLENT for an easy sweet snack!

FRENCH TOAST RECIPE

Serves:2

CarbsPerServing:3g per slice

Effort:Easy

Ingredients:

Two whole eggs
tsp cinnamon1 tbsp of Splenda granular
or 1 packet of Splenda

How to Prepare:
Combine ingredients.
Preheat skillet over medium heat and add 2 tbsp of Life Services High Oleic Sunflower Oil.
Beat mixture thoroughly with a fork and dip sliced Keto Cinnamon Bread in batter and fry until golden brown.
Enjoy
with Keto Syrup and/or Betta Butta.

Breakfast Bread

CarbsPerServing:9g carbs total

Effort:Easy

Ingredients:

1/4 cup protein powder
1/2 cup carbo-lite bake mix
1/4 cup flax seeds -- ground into 1/2C meal
3 large eggs
1/2 cup sour cream1/4 cup water
1/2 teaspoon salt
2 teaspoons baking powder
3 tablespoons melted butter

How to Prepare:
Preheat oven to 350f. Spray a standard 8" loaf pan (or an 8x8x2 cake pan) with cooking spray. Mix dry ingredients in a large bowl.
Beat eggs with a fork and blend in butter, water and sour cream.
Stir into dry ingredients until just blended.
Pour into prepared pan and bake: 30 minutes for square pan and 40 minutes for loaf pan.

This bread is semi-sweet because the carbo-lite bake mix has splenda in it. This bake mix is zero carb. 22g carbs; 11g fiber. The

flax seeds provide almost all the fiber and is a source of insoluble fiber as I understand it. I would subtract 9g from the loaf total carbs leaving a loaf w/ just 13g carbs total. May add some cinnamon and vanilla extract next time for a more sweet/homestyle taste:) This only rose to the top of the loaf pan, so it's not a big loaf. I'm also thinking that beating the whites and folding them in might increase the volume for the rise. If you try this, please let me know:)

Turkey Club Omelette

CarbsPerServing:9g total
Effort:Easy

Ingredients:

3 Eggs
1/4 cup cubed turkey breast meat
2 strips bacon -- cooked and chopped
2 tablespoons sour cream2 sprigs chives -- coarsely chopped
2 slices tomato slices -- chopped
1/4 cup hollandaise sauce

How to Prepare:

Prep all of your ingredients ahead of time. Cook the eggs on one side and flip to other side. Add ingredients and fold or roll. Add hollandaise sauce over the top of omelette. (Knorr's brand of hollandaise is by far the best tasting we've found).

Wagon Wheel Frittata

Serves:6
CarbsPerServing:5.33g
Effort:Easy

Ingredients:

1 tablespoon cooking oil
10 ounces frozen broccoli spears
1 tablespoon water
4 ounces button mushrooms -- drained
6 eggs2 tablespoons heavy cream
3 tablespoons water
1 1/2 teaspoons Italian seasoning -- crushed
6 thin tomato slices -- about 1 med tomato
1/4 cup grated Parmesan cheese

How to Prepare:

In a 10-inch omelet pan or skillet over medium heat, combine oil, broccoli, and water. Cover and cook just until broccoli can be broken apart with a fork, about 3 minutes. Take pan off the heat.

Arrange broccoli spears so stems point to center of pan. Set mushrooms, rounded sides up, between broccoli spears. In medium bowl, thoroughly blend eggs, milk, and seasoning. Pour over broccoli. Cover

and cook over medium heat
until eggs are almost set.
Remove from heat.

Turkey and Ham Frittata

Serves:4
CarbsPerServing:7g
Effort:Average

Ingredients:

1 cup chopped cooked
turkey
1 cup chopped ham
6 eggs
3 tablespoons oil
2 medium tomatoes --
chopped1 cup button mushroom --
diced
4 shallots -- chopped
1/2 cup heavy cream
salt and ground black
pepper for seasoning

How to Prepare:

Put oil in large frying pan,
add turkey, ham and
mushrooms until
mushrooms are tender.
Add tomatoes and onions.
Cook, stirring for 2 minutes.

In a bowl whisk together
eggs, cream and
seasoning, then pour into
turkey and ham mixture in
pan. Cook gently until
mixture is firm - the top will
not be quite set. Place pan
under a hot griller to
complete cooking the top
for approx. 2 minutes.

Turn frittata on board and
cut into wedges.

This recipe is great when
you have all that leftover
turkey and ham.

SAUCES AND DIPS

Mom's baked Crab Dip mmmm....

CarbsPerServing:2 carbs per 4 Tbsp
Prep Time:15 mins
Effort:Easy

Ingredients:

2, 8 oz. pkgs cream cheese
1 lb. crab meat (does not have to be backfin)
1/2 pint sour cream (8 oz)
4 heaping tsps of mayo
1 tsp lemon juice
1 tsp wocheestershire sauce
1 tsp mustard
3 shakes garlic powder
1c grated cheddar cheese
(reserve 1/2 c for topping)

How to Prepare:

Butter casserole dish (2 1/2 qt) Mix all ingresients except cheedar
cheese & crab. Beat until smooth. Fold in crab meat & 1/2 c of the
cheddar cheese. Pour into baking dish. Sprinkle the reserved 1/2 c
cheddar cheese on top. Bake at 350 for 35-40 mins. Serve with
whatever you want to dip. This is great for entertaining.

White BBQ Sauce

Effort:Easy

Ingredients:

1 cup mayonnaise
1 cup cider vinegar
1 tablespoon lemon juice1-1/2 tablespoons cracked black pepper
1/2 tspn salt

1/4 tspn ground red pepper

How to Prepare:

Combine all ingredients in a plastic container. Refrigerate.

Creamy Mushroom Sauce (like white gravy!)

Serves:2-3

CarbsPerServing:3-5

Prep Time:45 minutes

Effort:Easy

Ingredients:

1 box cream cheese
1 carton heavy whipping cream
2 cups sliced fresh mushrooms
1/2 cup diced onion
1 stick butter
2-3 Grilled Chicken breasts

How to Prepare:

Saute' onions and mushrooms in butter. Turn down heat very low, add cream cheese. When cheese is melted, add cream. Add grilled chicken breasts to mixture and simmer for 15 to 20 minutes, you can just use it for a gravy too.

French Boursin Cheese Spread

Serves:8

CarbsPerServing:< 2

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 stick unsalted butter, softened
1 8 oz pkg cream cheese, softened
2 cloves garlic
1/4 tsp. dried oregano1/4 tsp. dried thyme
1/4 tsp. dried marjoram
1/4 tsp. dried dill
1/2 tsp. dried basil
1/4 tsp. ground pepper

How to Prepare:

Combine the softened butter and cream cheese with garlic in a food processor and process until smooth. Add dried herbs and pepper and process until combined.

This is great with sliced cucumbers, blanched snow peas, celery and mushrooms.

Brown Gravy

Serves:6

CarbsPerServing:.50

Prep Time:5 minutes

Effort:Easy

Ingredients:

1 can Campbell's Beef Broth double strength
2 TBS Heavy Cream1/2 tsp onion powder
1/2 tsp Xanthan Gum

How to Prepare:

In a medium saucepan, heat both, cream, and onion powder to a slow boil. Slowly add Xanthan gum, stirring with a whisk. You may need to increase/decrease the Xanthan Gum to get the right consistency. If it is too thick, use water to thin it out, if it is not thick enough use a little more Xanthan Gum.

My Low Carb Catsup

Serves:20-30

CarbsPerServing:3 grams per 1/4 cup

Prep Time:35 minutes

Effort:Easy

Ingredients:

2 oz cans low sodium tomato sauce
1/2 cup cider vinegar
1/2 cup splenda
1 tsp ground pepper
2 tbsp garlic powder2 tbsp onion powder
1 tsp ground cinnamon
1 pinch ground cloves
1 pinch ground allspice
1 pinch salt

How to Prepare:
Mix above ingredients and put in a small saucepan. Simmer on low until catsup is desired thickness. Store in a bottle or jar in the refrigerator.

Easiest Hollandaise Sauce

Prep Time:5 minutes (tops!)
Effort:Easy

Ingredients:

3 egg yolks
dash of nutmeg
dash of cayenne1 teaspoon (more/less to taste) lemon juice
2 sticks of salted butter

How to Prepare:

Put all ingredients but the butter in a blender. In a microwave safe dish, melt the butter to bubbling. Immediately start the blender and begin to add the butter in a very thin stream through the hole for the little removable insert. (Use your hand to cover all but the half inch square between your thumb and forefinger that you're pouring through. It will pop up all over as it blends. Your palm will be covered when you finish, but that's easier to wash than your counter and cabinets for four feet in every direction.) Have patience with this because the more slowly you add it, the better it will emulsify. It may take a full minute or two, but it's better than madly whisking it in over a double boiler hoping all the while that it emulsifies at all. Three notes: Don't add salt, the butter will add plenty! Fresh lemon juice makes a world of difference. You can play with adding a few drops of water to get a thinner consistency if you desire.

ULTRA HOT sauce

Serves:ALOT at least 10-20
CarbsPerServing:less then one
Prep Time:15 mins
Effort:Average

Ingredients:

3 oz Habanero or Scotch Bonnet peppers
3 large cloves of garlic
1 tblsp Franks Red hot sauce1 tsp vinegar
1 tsp sea salt
4 tblsp Olive oil
rubber gloves

How to Prepare:

BE Careful.. THESE ARE THE HOTTEST PEPPER, If you get them on your skin or eyes youll be hurtin.. use latex gloves to protect your skin. Cut off the stems of the peppers and put them in a baking dish with the olive oil and peeled garlic cloves bake at 350 for 5-10 mins until peppers are soft, combine all the ingredients in a food processor or blender including the oil the peppers were roasted in and the whole peppers including the seeds Blend until its all chopped up and blended.. Transfer into a small container or bottle and enjoy.. WARNING this is the hottest of the Hot.. a small tab is enough for a whole plate of food.. Wash all utensils very well and throw gloves away.. DONT TOUCH YOUR FACE until everything is cleaned up.. trust me on this..rofl

Easy Cocktail Sauce

Serves:As many as you need,5
CarbsPerServing:5g
Prep Time:1 min
Effort:Easy

Ingredients:

1/4 Cup Mayonaise
1/4 Cup Ketchup1/4 Cup Mustard (regular yellow mustard)

How to Prepare:

Put these in a bowl and mix with a spoon. Since the ingredients are equal amounts you make as much or little as you need. No waste.

Deviled Ham & Cream Cheese Dip

Serves:9,10
CarbsPerServing:-0- carbs in ham spread, 2 carbs per 2 Tbl. in Cream Cheese, -0- in Mayo
Prep Time:10 min.
Effort:Easy

Ingredients:

1-8oz package cream cheese
1-4.25oz. can Underwood Deviled Ham 4-5 Tbs. Mayo

How to Prepare:

Have cream cheese at room temperature or nuke for a few seconds.

Then add the cream cheese to the canned ham spread. I skim the fat off the top of the ham. Add the mayo and mix with electric mixer until smooth. This is great to use as a dip with pork rinds or celery sticks. Can add more mayo if desired.

Low Carb 'Honey' Mustard

Serves: Makes one serving., 10
CarbsPerServing: About 3
Prep Time: Less than one minute!
Effort: Easy

Ingredients:

1 Tbs Dijon Mustard
1 Tbs Spicy Brown Mustard
2 Tbs Heavy Whipping Cream
1 Packet Splenda

How to Prepare:

Mix all ingredients together and serve! This stuff is wonderful with chicken. It really does taste like the real thing! YUM! You'll have to remind yourself you're not cheating, lol.

Crabmeat Dip

Serves: 2-4 people, 10
CarbsPerServing: 2 grams of carb for 3 oz serving
Prep Time: 10 minutes
Effort: Easy

Ingredients:

Four ounces of fresh crabmeat
One tablespoon of olive oil
One small can of chopped black olives (or four tablespoons of chopped black olives)
Six ounces of whipped cream cheese
Salt, pepper and onion powder to taste
Two dashes of Paprika
Two tablespoons of fresh parmesan or romano cheese

How to Prepare:

Add olive oil to small skillet on medium heat
Stir in crabmeat and olives
Saute for about 3-5 minutes
Add seasoning except paprika
Once the mixture is very hot, fold in the cream cheese. Keep on medium heat.
Stir into a nice, hot dip-like consistency
Sprinkle parmesan and romano cheese so it melts on top of the dip
Serve hot with pork rinds or fresh low carb veggies

House Dressing

Serves: ??, 10
CarbsPerServing: Not darn many!
Prep Time: One minute or less
Effort: Easy

Ingredients:

Mayo
White wine Dijon mustard
Steak sauce of your choice That's it!

How to Prepare:

I usually make it 3 1/2 parts mayo to 2 parts mustard to 1 part steak sauce. Since the steak sauce has carbs, I've been cutting back. You can do it to taste! You won't need much steak sauce. This is great for shrimp, wasa crackers, chicken, veggies, anything!

White Dipping Sauce for Shrimp, Veggies or Porkrinds

CarbsPerServing: 12g total
Effort: Easy

Ingredients:

1 1/2 cup mayonnaise
1/4 cup prepared horseradish
1 tablespoon lemon juice
1 tablespoon worcestershire sauce 1 teaspoon fresh parsley
1/4 teaspoon hot sauce -- or red pepper
1 clove garlic

How to Prepare:

Mix all ingredients until smooth. Chill for 3 hours. This is best used to dip cocktail shrimp or veggies and dare I say pork rinds (ewwww) I have been told by several people in the chat room (that I gave the recipe too), that they love it. I am not a fan of horseradish sauce, but there is something about this dip that makes it so good. It is extremely low carb also! Enjoy!

Bar-B-Q Sauce

Serves: 10
CarbsPerServing: 32g total
Effort: Easy

Ingredients:

1 bottle Diet Coke -- (20 oz)
 6 ounces canned tomato paste
 1/4 cup brown sugar twin
 1/4 cup cider vinegar
 1/4 cup chopped onions
 Liquid Hickory smoked flavoring (to taste)
 Garlic salt (to taste)

How to Prepare:

Mix all together in a pot and cook on Med low until mixture starts to thicken. Stirring Occasionally. When Mixture is "Thickened" Take off the stove and allow to cool. Use on Chicken, Pork or Beef (It's great on ribs). Refrigerate any unused portion.

NOTES : Counts for brown sugar twin, hickory smoke, and garlic salt not included in totals.

Tasty Sauce

CarbsPerServing:42g total
 Effort:Easy

Ingredients:

6 ounces Tomato Paste
 2 ounces white vinegar
 4 ounces water
 2 packages artificial sweetener
 1/2 ounce olive oil
 2 drops worcestershire sauce
 salt -- to taste
 pepper -- to taste
 1 clove -- powdered
 marjoram -- powdered, to taste
 garlic powder -- to taste
 cayenne pepper -- to taste
 MSG -- to taste
 1 drops fresh lemon juice

How to Prepare:

Mix all thoroughly, refrigerate a few hours before use if possible. Makes 12 oz, tried to get close to Heinz flavor (clove)

NOTES: Counts for spices with no measure not included.

SOUPS AND STEWS**Cajun Stew**

Serves:A lot.
 CarbsPerServing:Mostly from tomatoes (net 3 per 1/2 cup)
 Prep Time:30 min
 Effort:Easy

Ingredients:

2 large cans peeled crushed tomatoes
 1/2 can tomato paste (small)
 3/4 lb ground beef
 8 hot italian sausages
 diced green pepper and onion
 oregano, parsley and thyme
 hot sauce
 red pepper flakes
 salt and pepper

How to Prepare:

Place tomatoes in tall pot (make sure you check the label for no sugar added, net carbs should be 3 for a 1/2 cup serving), add the tomato paste, spices and diced vegetables while browning the ground beef and sausages. Prick the skins of the sausages as they brown. When the meat has been browned, drain well, add to the stew pot. Simmer for about two hours until the meat is tender. Depending on seasoning, stew will be tangy but not too hot.

Grandma's Turkey Vegetable Soup

Serves:5
 CarbsPerServing:?
 Prep Time:1/2 hour
 Effort:Average

Ingredients:

2 Turkey Legs
 2 quarts water
 2 bay leaves
 1/2 tsp Ginger
 1/2 tsp Poultry Seasoning
 1/4 tsp celery seed
 Celery Bottom and center chopped fine
 2 TBLS of Onion
 1/2 bag frozen green beans
 1 yellow squash
 1 can tomatoe sauce

1 can stewed tomatoes

How to Prepare:

In large soup pot Boil Turkey legs in water bay leave ginger poultry seasoning and celery seed celery parts and onion for about 2 hours or until meat is falling off bone. Make sure no bones are left and put all meat back in pot. Add remaining ingredients and simmer for 1/2 hour and soup is on.

Tasty egg drop soup

Serves:1

CarbsPerServing:1 carb

Prep Time:about 5 mins (or more)

Effort:Easy

Ingredients:

1 chicken,or beef bouillon cubes1 egg

1 cup of water

How to Prepare:

1 Beat your egg into a separate cup before you start.

2 Put water in a bowl and add your Bouillon cube.

3 When the mixture starts to boil(allow it to REALLY boil)add the egg with a fork and allow it to drizzle in the boiling water.

4 Turn the heat off(you may have to break apart the egg when done)

5 Let cool

6 Serve and enjoy

Chicken soup - slow cookery

Serves:6 servings 1-1/2 c each

CarbsPerServing:5-6 carbs total

Prep Time:20 minutes max

Effort:Easy

Ingredients:

6 - 8 chicken legs

3 cups of hand cut cabbage

1/3 green bell pepper1 small onion

3 TBS of Pace Picante Sauce

*1/2 lime,cheese,avocado -Optional

How to Prepare:

place chicken at bottom of crock pot. Then pour cabbage and onion. At the top place the green pepper sliced and the sauce. Add at least 4 cups of water.(salt and pepper to taste)

Cook on high for about 1-1/2 hour and then low for another 1-1/2 hour. Check that chicken does not overcook. When ready serve and top each serving with diced mozzarella, lime or avocado.

So good!

Italian Soup

Serves:Makes 2 cups/ 1 Serving,10

CarbsPerServing:0 carbs

Prep Time:less than 7 minutes

Effort:Easy

Ingredients:

Chicken or Vegetable Bouillon

2 eggs (whites only)Parmesan Cheese

How to Prepare:

Prepare Bouillon as directed on label.While bringing to a boil add 2 egg whites.Serve with a healthy portion of Parmesan cheese on top.

Chili (no tomato)- Quick, Single Serving

Serves:1

CarbsPerServing:11 net

Prep Time:15 minutes

Effort:Easy

Ingredients:

1/2# hamburger-fried & drained;

1/2 cup Great Value Pinto Beans (Walmart);

TBSP chopped cilantro (optional);2 chopped green onions;

TBSP Chili Powder;

small can mushrooms (including juice);

Salt/pepper to taste.

How to Prepare:
Combine all ingredients into a medium microwave bowl. Heat thoroughly and enjoy.

Mushroom and Leek soup

Serves:8,8
CarbsPerServing:5.1 (40.86 for whole recipe)
Effort:Easy

Ingredients:

1 lb. mushrooms, sliced
1 bunch leeks, white part only, sliced (1 cup)
1 stick butter
1/4 cup whole grain soy flour1 teaspoon salt
1/4 teaspoon white pepper
3 cans chicken broth
1 cup heavy cream

How to Prepare:

1. Saute mushrooms & leeks in butter in large saucepan or dutch oven until tender, about 5 minutes. Stir in flour, salt, pepper & 2 cans of chicken broth. Cook, stirring constantly until mixture comes to a boil. Lower heat; cover; simmer 20 minutes.

2. Remove from heat; cool slightly. Pour mixture, a little at a time, into container of electric blender; cover; puree. Pour into a large bowl. When all the soup is pureed, return to saucepan.

3. Add remaining can of chicken broth & the cream; heat until thoroughly hot.

SUN VALLEY STEW

Serves:3 to 4 depending on size of servings.
CarbsPerServing:???
Prep Time:15 minutes to prepare...20 to 30 minutes to cook.
Effort:Easy

Ingredients:

1/2# Beef Wieners; 3 small or 2 medium zucchini; 3 - 4 ripe tomatoes; 1/2 Onion;1/2 Green Pepper, (opt);1 to 2 cups waterSeasonings: 1 tsp. salt;1/4 tsp. black pepper; 1/2 tsp. garlic powder(1 clove garlic); 1/2 to 1 tsp oregano; 1/2 tsp basil; 1/2 tsp parsley

How to Prepare:

Slightly brown wieners. Add diced veggies and water and seasonings. Cook until tender. Adjust seasonings to taste...Sometimes I add a little parmesan cheese on top. Enjoy!

Creamy Broccoli Cheddar Soup

Serves:4 Servings,10,10,9,10,10
CarbsPerServing:5g Net Carbs Per Serving
Prep Time:20 Minutes
Effort:Easy

Ingredients:

2 Cups Fresh Broccoli
1 Pint (8 TBS) Heavy Cream
10 TBS Shredded Cheddar
1 Can Cream of Chicken Soup (Campbells is what I use)
1/2 Stick ButterSalt & Pepper to taste

How to Prepare:

Boil Broccoli in a large pot of water until very tender. Drain reserving 1/2 cup of water that the broccoli was cooked in. Return broccoli to pot. Add water, butter and soup. Stir well until the soup is mixed well. Use a hand potato masher and mash contents of the pot. Add cream and cheddar cheese. Over a medium heat, bring to a slow rolling boil. Remove from heat, add salt & pepper to taste.

Garden Beef Stew

CarbsPerServing:2.6
Prep Time:2 1/2 hours
Effort:Average

Ingredients:

2 tbsp. vegetable oil
1 1/2 pd. stew meat
2 tbsp tomato sauce
2 c. water
1 tsp. salt

2 tbsp. chopped onion
1/4 c. chopped green pepper
1/4 c. chopped eggplant
1/4 c. zucchini, cubed
1/2 c. spinach

How to Prepare:
Heat oil in heavy pot.
Brown meat on all sides. Push to side of pot. Add onion, cook 2 minutes. Add water and salt. Simmer 2 hrs.
Add green pepper, eggplant, and zuchinni. Simmer 10 min. Spoon in tomato sauce and spinach. Cook 7 more min.

Chilled Melon Soup with Mint

Serves:4
CarbsPerServing:11.7
Prep Time:10 minutes
Effort:Easy

Ingredients:

One ripe cantaloupe
One cup of water
8 packets of Splenda4 sprigs fresh mint
Juice of 1/2 a lime
1 tsp. fresh lime zest
4 Tbl. heavy cream

How to Prepare:
Add the water, splenda, mint leaves (reserving a few for garnish) lime juice and lime zest in a small saucepan and boil for ten minutes until syrupy. While it is reducing, seed the cantaloupe and scoop the flesh into a blender. Pour the syrup over the cantaloupe through a sieve to remove the mint leaves and lime zest. Pulse a few times to blend and then puree for a few seconds. Skim the foam off the top and then place in the refrigerator until well chilled, at least two hours. Serve in chilled bowls with a few mint leaves and a swirl of heavy cream for garnish.

SIRLOIN STEW

Serves:4
CarbsPerServing:13.5g
Effort:Easy

Ingredients:

2 pounds sirloin steak -- cut into large bite size pieces
16 ounces fresh mushrooms -- quartered
1 medium onion -- chopped
1 clove garlic -- minced
2 jalapeno pepper -- minced
14 ounces tomatoes, canned -- diced with juice1 cup celery -- chopped
1 jar beef gravy (Heinz -- savory beef)
meat tenderizer
salt and fresh cracked pepper
6 tablespoons olive oil

How to Prepare:
Shake meat tenderizer and pepper all over meat, pour over about 2 T of olive oil and mix all together. Set aside in fridge for at least 2 hours. In a dutch oven add 2 T olive oil and saute the celery for about 5 minutes, then add in the onion, garlic and jalapeno saute until soft. Set aside veggies and heat remaining olive oil and pan sear the beef until tender over a high heat. Add veggies to beef mixture, and also add the mushrooms, tomatoes w/ juice and the the jar of beef gravy. Simmer for 15 minutes Salt and pepper to taste. Serves 4
NOTES : Counts for gravy not included in totals.

Beef Bacon Soup

Serves:9,9

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 teaspoon garlic
1 teaspoon basil
1/2 jar Hormel Real Bacon Pieces
1/2 pound lean ground beef1 tablespoon dried chives
3 cups beef broth
1 cup heavy whippin cream
tobasco sauce to taste
sharp cheddar to taste

How to Prepare:

Saute the garlic, basil, bacon, and hamburger together until hamburger is almost done. Add beef broth and chives, simmer for about 10 minutes after boiling. Add heavy cream slowly and stir occasionally while simmering until hot. Add tobasco to taste, sprinkle with cheddar and serve.

Cabbage Soup

CarbsPerServing:64 total recipe

Effort:Easy

Ingredients:

1 medium cabbage head -- cut into 1/8ths
1 can chicken broth -- Campbells or Swanson's type
1 red onion -- chopped
salt and pepper -- to taste
1 pound Ekrich smoked sausage -- Ekrich or similar, sliced

How to Prepare:

Cover with cabbage with water and cook until tender.
Add one chicken broth, red onion and salt and pepper.
Add the sausage to the soup and simmer until heated through.
Even better the second day.

Chicken and Vegetable Soup

CarbsPerServing:51 total recipe,
excluding artichokes and bacon

Effort:Easy

Ingredients:

5 skinless boneless chicken breast -- cooked
1 cup onions -- chopped
1 cup celery -- chopped
Cooked chopped bacon as you like
1 pint heavy whipping cream
1 teaspoon minced garlic
3 cans chicken broth -- (3 to 4)
1 1/2 teaspoons fennel seed
1 1/4 cup chopped cilantro
1 can chopped artichoke hearts
2 tablespoons capers -- or more
2 cups kale -- cut in half, then sliced

How to Prepare:

This recipe is mostly low carb and can be varied according to your needs and taste. It is very meaty and rich. Try several different versions with different meat and vegetables. Adjust the heat as needed throughout the recipe to keep it simmering but don't let it get dry and burnt.

It is best to prepare the meat first so you are ready when the time is right. I like to grill up several boneless and skinless chicken breasts and a few green onions for a smoky flavor as the main ingredient. Start with a large pot. Put in enough olive oil and/or butter to cover the bottom and heat. Next add chopped onion and celery stalks. Let this cook until translucent. Then add seasonings like dried or fresh rosemary and cilantro, and parsley. Then add some dried fennel seeds. Amounts as you wish.

Next add about as much chopped up and fried bacon as you desire. I like to buy the pre-cooked packages at the store. Let it cook over a medium heat. Add the meat (chicken in this case). Then put in about a cup of white or red wine. Next add two to four cans of chicken broth and let it simmer some more. Last, you can pour in a pint of heavy cream and stir it in. I like to chop up some fresh kale or other greens into bite sized pieces and throw them in last then turn off the heat. You can use Italian sausage instead of chicken and I've also tried chopped up lamb or beef with good results. Again, adjust to your own diet or taste. I've added a small amount of capers and a can of artichoke hearts (chop the artichoke hearts into big chunks)

Cream of Mushroom Soup

CarbsPerServing:44 total recipe

Effort:Easy

Ingredients:

8 ounces mushroom -- white button, finely chopped
1/4 cup chopped onion -- finely chopped
2 stalks celery -- finely chopped 4 tablespoons butter
2 cups heavy cream
2 cans chicken stock
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper -- to taste

How to Prepare:

In a large saucepan, melt butter over medium heat. Add finely diced veggies and saute, stirring occasionally, for about 5 minutes or until they wilt.

Add in the flour and stir well. Let cook, stirring, for about 1 minute, then pour in the chicken stock and cream, whisking constantly.

Bring to a simmer and cook about 5 minutes, whisking occasionally.

****This makes about 6 cups. If you're going to use it strictly as a soup, cut the cream back to 1 cup and increase the chicken stock by 1 can.**

****You can also increase the flour to 1 cup (an additional 11g carbs) to get a thicker soup OR use 1T guar gum in place of the flour. If you use the gum, don't blend it in w/the cooked veggies. Mix with 1 cup stock before adding.**

(can be used in recipes calling for canned soup, too)

Easy Chicken Noodle Soup

CarbsPerServing:12 total excluding shiratake
noodles

Effort:Easy

Ingredients:

2 tablespoons butter
1/4 onion
2 stalks celery
5 baby carrots
14 1/2 ounces chicken broth -- 1 can
10 ounces canned chicken -- 1 can
Salt and Pepper to taste 1 teaspoon Wylers Shaker Instant Bouillon
Chicken Garlic and Herb flavor
or
1 chicken bouillon cube
1/2 package shiratake noodles

How to Prepare:

Chop onion, celery and carrots. Brown them in the butter for a few min. Add the broth, chicken, noodles and seasoning. Bring to boil and then turn down and simmer for a few min. I can get 4 or 5 good size servings.

You can add green bean, zucchini as well.

Ground Beef Soup

CarbsPerServing:78 total

Effort:Easy

Ingredients:

1 pound ground beef
1 cup diced onion
1 diced green bell pepper
8 cups beef stock
2 cups diced carrots -- i used 1 cup
1 cup diced celery
2 cups chopped tomatoes
1/4 cup minced fresh parsley 1 package broccoli, frozen -- cut into florets
or 1 head cut into florets with stalks
peeled and diced
1 teaspoon dried oregano
1 teaspoon dried thyme
freshly ground black pepper to taste

How to Prepare:

In large non-stick skillet, sauté ground beef over medium heat. Add onions, garlic and bell pepper and continue sautéing until meat is tender and vegetables have softened, about 5 minutes. Drain fat from pan and set meat mixture aside.

In large soup pot or Dutch oven, heat beef stock over medium-high heat until boiling. Add carrots and celery and cook until almost tender, about 5 minutes. Add tomatoes, broccoli, parsley, seasonings and reserved meat

mixture. Mix well. Simmer over low heat 10 minutes until all vegetables are tender. Taste and adjust seasonings.

Low-carb Chicken Soup

CarbsPerServing:68 total
Effort:Easy

Ingredients:

2 leeks -- washed and sliced to 1" slices
3 turnips -- peeled, cut in chunks
1 bell pepper -- cut in 1" pieces
5 celery stalks -- cut in 1" pieces
4 chicken breast -- cut in bitesize pieces
32 ounces chicken broth -- I used a box variety2 cups water
1 clove garlic
1/4 teaspoon red pepper flakes
1 teaspoon salt
fresh ground pepper to taste
1/2 teaspoon goya adobo seasoning
1/4 teaspoon thyme

How to Prepare:

In large pot combine all ingredients and cook on low heat till turnips are tender.

Serves 6 to 8 hearty bowls.

Quick Sausage Soup

CarbsPerServing:29 total
Effort:Easy

Ingredients:

1 pound ground pork sausage
3 tablespoons butter
1 1/2 tablespoons garlic -- crushed
1 1/2 tablespoons minced onion1 can beef broth
1 cup heavy cream
1 can green beans -- drained
1 cup carrots -- cooked
pepper to taste

How to Prepare:

Brown ground pork sausage in skillet.
In saucepan, melt butter. Add garlic and onions and brown in melted butter.
Add sausage and remaining ingredients. Heat thoroughly. Serve and enjoy!

Vegetable Soup

CarbsPerServing:18 total
Effort:Easy

Ingredients:

leftover roast beef - shredded or cut up
- add au jus and water
1/2 medium onion -- cut up
1/2 green pepper -- cut up
4 medium mushrooms -- cut up
1 clove garlic -- chopped fine1/2 head cauliflower -- cut in florets
1/2 cup celery -- finely chopped
salt and pepper -- to taste
cajun seasoning -- to taste

How to Prepare:

Simmer all ingred. in soup pot for several hours. Eat Hardy!!!
Serves 6 - 8 generous servings

Hearty Beef Stew

CarbsPerServing:60 carbs total
Effort:Easy

Ingredients:

1 1/2 pounds beef stew meat
14 1/2 ounces stewed tomatoes -- (1 can)
14 1/2 ounces beef broth -- (1 can)
1 cube beef bouillon
1/2 teaspoon onion powder
1/4 teaspoon garlic powder1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1 large rutabaga -- (or two small turnips)
2 medium zucchini

How to Prepare:
Brown stew beef in olive oil
on all sides in medium high
pot. Add
tomatoes, broth, spices and
water to cover beef. Turn
heat down and simmer
for about 1 and 1/2 hours.
Add cubed (about 1 inch)
rutabagas and simmer
for 30 minutes. Add diced
zucchini and simmer for 30
more minutes. Add
more liquid if necessary (to
cover the veggies). Taste for
seasonings.

Camper Stew

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:

1 pound ground beef
1 can green beans, canned1 packet onion soup mix
1 jar beef gravy

How to Prepare:
Brown and drain ground
beef, add beans, soup mix,
and gravy. Mix until
completely combined.
Simmer on medium/low for
at least 15 minutes. Serve.

A very hearty and delicious
stew that can be made with
any of your favorite
vegetables.

I HOPE YOU HAVE ENJOYED LOOKING THROUGH THESE RECIPES AND HAVE FOUND SOME THAT YOU ARE
GOING TO EXPERIMENT WITH.GOOD LUCK WITH YOUR LOW CARB DIET.